Camden Food Hampers Scheme

This food hamper includes a range of foods that will help make a lunchtime meal for one child for the next 10 days.

This leaflet aims to give you:

- Some top tips to help make your child a healthy lunch
- A selection of **suggested dishes** you could make with the food provided
- A couple of **recipes** for those dishes
- A list of some **Camden services** to help support your health and wellbeing during this time, including **FREE Virtual Families for Life Healthy Lifestyle** sessions happening every week.

Top tips for making a heathy lunch:

Choose a carbohydrate

Combine with a portion of salad or vegetable, or put it on the side

Add a protein/dairy

Have a portion of fruit

Quick and easy dishes to try:

Cheese and cucumber or tuna and sweet corn sandwiches – add a piece of fruit on the side!

Hummus (mashed chickpeas and garlic) with toast and carrot sticks

Tuna and sweetcorn pasta

Carrot and Lentil Soup

Serves 2

Ingredients:

- 1 onion, peeled and chopped
- 2 carrots, peeled and chopped
- 1 tbsp of oil / butter
- 250g red or green lentils
- 1 stock cube, preferably low-salt

If you have available:

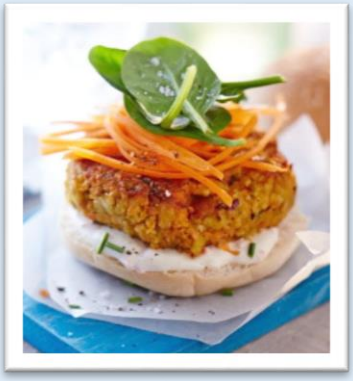
- 2 gloves of garlic
- 1 tsp cumin
- 1 tsp paprika

Method:

1. Heat the oil / butter in a large saucepan.
2. Add the chopped onion and carrot and cook for 3-4 minutes until soft.
3. Add garlic, cumin and paprika if using and fry for 5 minute on a low heat until soft.
4. Mix the stock cube with 750ml of boiling water in a jug or a bowl.
5. Add the lentils to the saucepan and pour in the water mixed with stock cube.
6. Bring to the boil and then reduce the heat and simmer with the lid on for 20-25 minutes until the carrots are soft.
7. Let cool and then blend using a hand blender or food processor if you have one
8. Add more water if too thick.

Carrot and Chickpea burgers

Serves 2



Ingredients

- 2 grated carrots
- ½ onion, peeled and chopped
- 200g or 6 heaped tablespoons chickpeas, drained
- 1-2 tbsp of water
- 1 tbsp flour, oats or breadcrumbs
- Pepper to season
- 2 tsp of oil or butter or low-fat spread

If you have available:

- 2 cloves garlic, peeled and roughly chopped or 2 tsp of garlic powder
- 1tbsp ground coriander or paprika or mixed herbs
- 1.5 tbsp fresh coriander, roughly chopped

Method

1. Put the carrots, onion and chickpeas in to a large bowl and use a masher to mash all the ingredients together until well combined. If you have one, you can also put all the ingredients in a food processor or use a hand blender to blend the ingredients.
2. Add the water a little at a time, mixing after each addition to see how well the mix is combining.
3. Add the flour, oats or breadcrumbs and mix well
4. Add the pepper and any garlic, spices and herbs you might have and mix well.
5. Form the burgers in to burger shapes and place on a plate and then in the fridge for 10 minutes
6. If using an oven, put 2 tsp of oil or butter on the baking tray and grease the tray. After 10 minutes, place the burgers on to the baking tray and bake for 20-25 minutes, turning half way through
7. If using a hob, melt 2 tsp of oil or butter in a large frying pan and cook the burgers for 10 minutes each side on a medium heat

Jacket Potato

Serves 1

Microwave method:

1. Prick a few holes in the potato using a fork or a knife
2. Put the potato in the microwave and cook on high for 10 minutes until soft.
3. Cut a cross in the top, break open and add toppings (tuna, cheese, baked beans etc..) and salad on the side

Oven method:

1. Preheat the oven to 200℃ or gas mark 7
2. Bake the potato in the oven for 45-60 minutes until the skin is crisp and the potato is soft
3. Cut a cross in the top, break open and add toppings (tuna, cheese, baked beans etc…) and salad on the side

Camden Services:

FREE Families for Life Virtual Healthy Lifestyle Sessions:

Starting in May, the Health and Wellbeing team are delivering weekly virtual healthy eating sessions to support you and your family to eat well during this difficult time. (*Please note, you **do not** need a computer or internet access to take part in the sessions, you can take part by telephone instead*.)

- Virtual (telephone) sessions for families with **primary aged** children will run every **Tuesday from 10am – 11am** starting 12th May.
- Virtual (telephone) sessions for families with children aged **2-4 years** will run every **Thursday from 2:30pm – 3:30pm** starting 14th May.

Every session will cover fussy eating advice and tips along with the below topics:

Wk. 1 – Eating well at home

Wk. 2 – Breakfast ideas and hidden sugars in your cupboard

Wk. 3 – Raising healthy eaters - understanding labels and portion sizes

Wk. 4 - Staying active at home without relying on screens

Sessions can be booked individually. To book a session, please email the Health and Wellbeing Team at healthandwellbeingteam@camden.gov.uk or call 020 7974 6736.

- **Camden website** has information on financial support for residents – see here for more info https://www.camden.gov.uk/coronavirus-covid-19 . If your question isn't answered, please call us on 020 7974 4444 (option 9)
- If you are in severe financial hardship and need an emergency payment to pay utility bills or buy food you can apply for help online https://www.camden.gov.uk/local-welfare-fund-claim-form or calling **020 7974 4444 (option 9)**.
- Citizens Advice Camden **0300 330 1157** camdencabservice.org.uk