

# **Ingredients that support learning opportunities**

A cost-of-living insight  
within secondary education  
for food and nutrition  
students.

**Joanne O' Neill**

**Home Economics teacher**

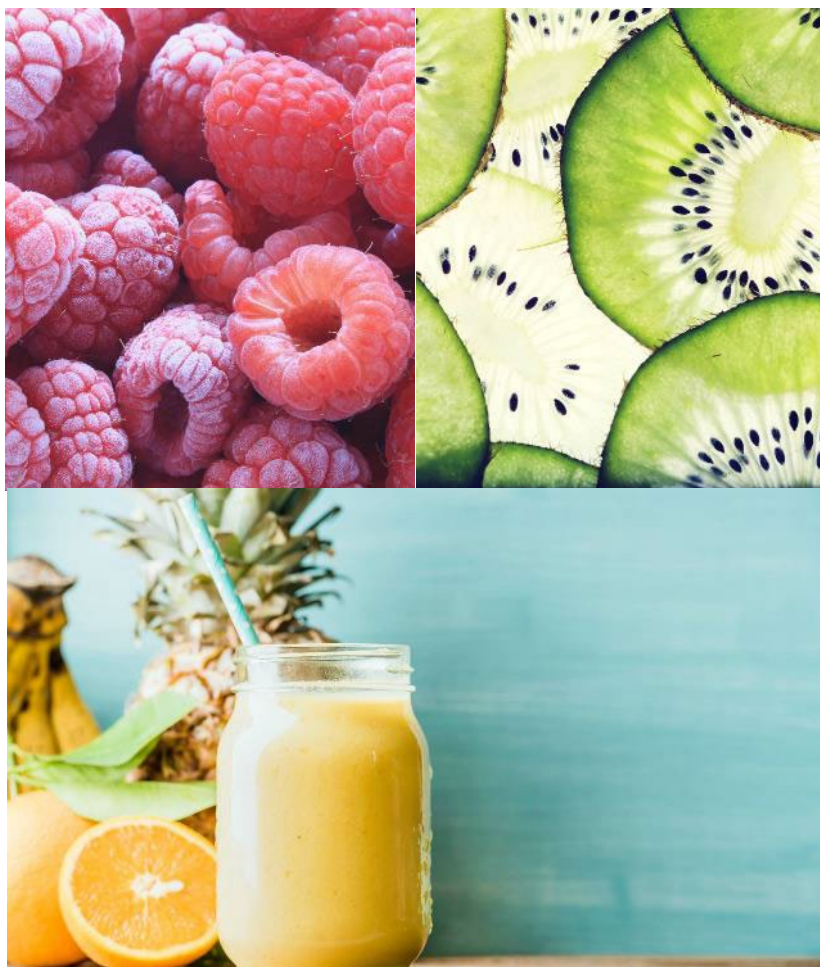
**Magherafelt High School**





# Biography of a food teacher

- I am a Home Economics teacher; food teacher within a rural secondary school in Northern Ireland (Magherafelt High School).
- I have taught since 2006 and my passion is inspiring young people to enjoy food and enjoy cooking.
- I attended the Northern Ireland Catering College, Portrush after completing A Level study.
- I continued my university life at Ulster University, Jordanstown (Consumer Studies).
- I finished further education with a PGCE in Home Economics at Ulster University, Coleraine.
- I love my job but most importantly I love the children I get to interact with every day.



# The cost of living...in crisis

*"Northern Ireland's poorest households left with only £29 per week during cost-of-living crisis".*

**Source: Consumer Council for Northern Ireland**

<https://www.consumerCouncil.org.uk/consumers/latest/newsroom/northern-irelands-poorest-households-left-only-ps29-week-during-cost>





# Opportunity to learn...

The impact of the cost-of-living crisis has greatly affected the quality, quantity, availability and sustainability of providing ingredients for young people within education.

It has become the role of the food teacher to provide ingredients that meet the brief of wholesome, fresh and sourced alongside tighter and more restrictive budgets.

The need to pass on the knowledge and life skills of the often loosely used term 'food skills for life' has never been more important, relevant or real for those within education.

**'Cooking on a budget'** and **'lowest earning households'** has now become the focal point of cooking and life skills for young people and their families.



Image source: Food a Fact of Life: [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk) 2019



## Ingredients matter

**“Real food doesn’t have ingredients; real food is ingredients.”**

Jamie Oliver, [@jamieoliver](https://twitter.com/jamieoliver)

# Cooking on a budget

Supporting pupils and their families through the cost-of-living crisis.



The use of **Food a Fact of Life Cooking on a Budget** Free Resource.



# Showcase of skills for budget cooking...



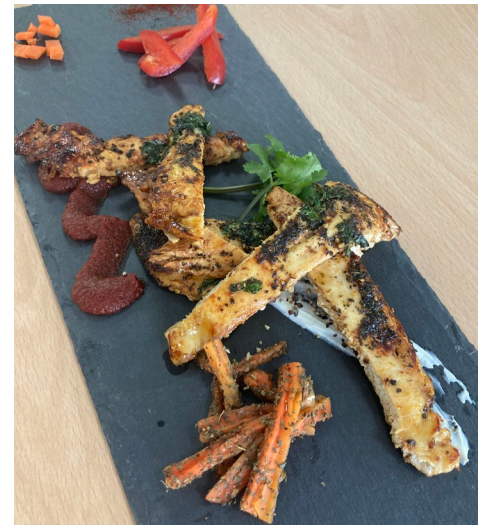
## **Tomato soup**

2 salad tomatoes used: sticking to a budget.



## **Honey and Balsamic Salmon**

Own Brand supermarket salmon.



## **Flat iron chicken**

Own brand supermarket chicken breast.



## **Oreo Cheesecake**

Single portions - using store cupboard ingredients and freezing left-over cream.

# Showcase of skills for budget cooking...



**Mediterranean bread**

Divide recipe for portion control.



**Tomato and Basil soup with Parmesan crisp**

Home grown Basil leaves.



**Meringue roulade**

Egg whites and egg yolks kept for crème anglaise.



**Honey Chili chicken**

Honey chili chicken - one pot portion.



# Showcase of skills for budget cooking...



**Own brand ingredients**



**Butchery**



**Fresh produce**



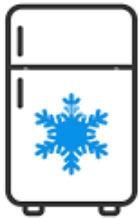
**Meal creation**

Ingredients pictured above used by a class of 22 young people.

Creative use of basic ingredients on a budget.

# Top Tips for Cooking on a Budget...

The below **two** resources are inked to Food a Fact of Life online – click on link to access.



## Freezer friendly

The freezer is your friend...use it!



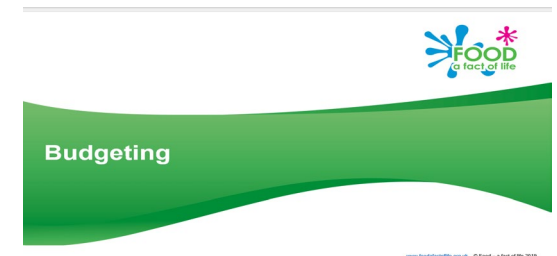
## Store cupboard basics

Long shelf life and budget friendly



## Taste Buds

Appeal to your senses. See your food...not just taste your food!



## Consistency is key

Use Food a Fact of Life online FREE resources!





# Summary

"We have a calling to be there to not just educate our young people for the next generation but to inspire them.

There is no better time than the present to achieve this.

Let us use the cost-of-living crisis as a time to make positive change for families facing poverty; especially food poverty".

The best advice I could give to any young person or family in our current climate within the UK is to access the free resources from Food a Fact of Life.

**J. O' Neil 2023**





# Thank you

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