

Cost of Living Bulletin: Affordable Healthy Eating

Affordable Healthy Eating in Ceredigion

With food prices continuing to impact household budgets, eating well can feel like a challenge. The good news is there are practical ways to stretch your food budget while still enjoying healthy, nutritious meals.

This month's bulletin shares local support, simple ideas, and tips to make food go further across Ceredigion.

Food banks

Food banks are there for everyone who needs them – no proof is required, and you'll always be welcomed without judgement.

There are 6 food banks in Ceredigion.

- Aberystwyth Food Bank - 0800 242 5844
- Cardigan Food Bank - 07949 127307
- Lampeter Food Bank - – 07582 905743
- Llandysul Food Bank - 01559 363874
- Aberaeron Church 5k+ Food Bank - 01545 570433
- Aberaeron Food Bank – 07765 737108

[Click here to find all opening hours, contact details and addresses.](#)

Food Surplus Groups & Community Cafés in Ceredigion

These groups help reduce waste by redistributing surplus food at the following locations:

- **Porthi Aber (Aberystwyth)** – Redistributing surplus food and running regular food share sessions
Email: afscommunityhub@gmail.com
Website: [Porthi Aber](#)
Facebook: [Aber Food Surplus Facebook](#)
- **Aberporth Community Fridge** – Free access to surplus food for anyone in the community

Email: avhprojectofficer@gmail.com or avhcommunity.fridge@gmail.com

Website: [Aberporth Village Hall](#)

Facebook Group: [Aberporth Heart of the Community Fridge](#)

- **Community Food Project Lampeter** – Low-cost food, surplus distribution, and community support

Email: food.project.lampeter@gmail.com

Hot Meals

Venue	Address	When	Offer
St Paul's Methodist Church	Queen's Road, Aberystwyth, SY23 2NN	Tuesday and Thursday 11am – 2pm	Hot meal: pay as you feel
Lampeter Food Project	Victoria Hall, Bryn Road, Lampeter	Tuesday 12pm – 2pm	Hot drinks, light lunch.
Emmaus Church Lampeter	78 Bridge Street, Lampeter, SA48 7AB	Friday 12pm – 2pm	Free meal and drink
Salvation Army	2 Alexandra Road, Aberystwyth.	Thursday 10am-1pm.	Refreshments available
Tregaron Family Centre	Tregaron Memorial Hall, The Square, Tregaron, SY25 6JL	Tuesdays term time only at 12pm	Free hot meal and drinks. Open to all in the community.
Depot Youth Café	Priory Street, Cardigan, SA43 1BU	Wednesday– Saturday 1pm - 7pm (14–25-year-olds). Saturday 11am - 1:30pm (11 - 13-year-olds)	Subsidised Meal (14–25-year-olds)
RAY Family Centre	RAY Ceredigion, Pengloyn, Tabernacle Street, Aberaeron, Ceredigion SA46 0BN	Mondays and Wednesdays.	Free meals for parents, carers and children

RAY Actif Youth Club	RAY Ceredigion, Pengloyn, Tabernacle Street, Aberaeron, Ceredigion SA46 0BN	After school Tuesdays and Thursdays	Free meals for 11–18-year-olds
56 Youth Club	56 Bridge St, Lampeter, SA48 7AB	Wednesday – Saturday: 1PM - 7PM	Affordable and free food options, ages 13-25

Healthy Start Scheme – Help with Food Costs

If you are pregnant or have young children, you may be able to get support with the cost of healthy food through the **NHS Healthy Start Scheme**.

Healthy Start provides a prepaid card to help you buy essential foods such as:

- Milk
- Fruit and vegetables
- Infant formula
- Pulses (beans and lentils)

You can also receive free vitamins to support your health and your child's development.

Click [here to see more details and to apply](#).

You can also apply by email: healthy.start@nhsbsa.nhs.uk or by phone: 0300 3307010.

Cooking Simple, nutritious meals on a budget

Affordable meals don't have to be complicated. Focus on filling, versatile ingredients:

- **Basics to keep in stock:** potatoes, rice, pasta, oats, lentils, beans, tinned tomatoes, frozen vegetables.
- **Add flavour cheaply:** onions, garlic, herbs and spices go a long way.
- **Top tip:** Frozen vegetables are just as nutritious as fresh and often cheaper, with less waste.

10 Simple Tips for Healthy Eating on a Budget

1. **Carbs are good** – Fill a third of your plate with affordable, filling options like potatoes, rice, pasta and wholegrains.
2. **Get your 5 a day** – Fresh, frozen or tinned all count. Soups and fruit salads are easy, low-cost options. Eating seasonally can save money.
3. **Include Omega 3** – Use tinned or frozen fish, or try plant-based options like seeds, nuts and seaweed.
4. **Choose natural alternatives** – Swap sugary snacks and processed fats for fruit, dried fruit, butter or olive oil.
5. **Cut back on salt** – Use naturally flavourful ingredients like feta, anchovies or capers instead.
6. **Keep moving** – Around 20 minutes of activity a day can boost both physical and mental wellbeing.
7. **Stay hydrated** – Sometimes thirst feels like hunger, so drink water regularly.
8. **Don't skip breakfast** – Even something small can help kickstart your day.
9. **Prioritise rest** – Lack of sleep can lead to snacking and low energy.
10. **Talk and connect** – Sharing advice and support with others can make healthy habits easier to maintain.

Recipes

Here are some **simple, low-cost recipes** using ingredients commonly found in a food bank parcel or a food surplus box:

1. Vegetable & Lentil Soup

Ingredients:	Instructions:
<ul style="list-style-type: none">• 1 onion• 2–3 potatoes• 1–2 carrots (or any veg)• 1 tin lentils (or dried, pre-cooked)• 1 tin chopped tomatoes• 1 stock cube• Water• Salt and pepper	<ol style="list-style-type: none">1. Chop all vegetables into small pieces.2. Add everything to a large pot with the stock cube and cover with water.3. Bring to the boil, then simmer for 20–30 minutes until soft.4. Blend if you prefer a smooth soup or leave chunky.

2. Simple Tomato Pasta

Ingredients:	Instructions:
<ul style="list-style-type: none">• Pasta• 1 tin chopped tomatoes• 1 onion• Garlic (optional)• Mixed herbs (optional)• Oil or butter	<ol style="list-style-type: none">1. Cook pasta according to packet instructions.2. Fry chopped onion (and garlic if using) in a little oil.3. Add tinned tomatoes and herbs, simmer for 10–15 minutes.4. Mix with drained pasta and serve.

3. Jacket Potato with Filling

Ingredients:	Instructions:
<ul style="list-style-type: none">• Potatoes• Baked beans or leftover veg• Cheese (optional)	<ol style="list-style-type: none">1. Bake potatoes in the oven (or microwave to speed up).2. Heat beans or leftover filling.3. Cut potato open and add topping.

4. Veggie Fried Rice

Ingredients:	Instructions:
<ul style="list-style-type: none">• Cooked rice (leftover works best)• Frozen or fresh vegetables• 1–2 eggs (optional)• Soy sauce or salt	<ol style="list-style-type: none">1. Heat a little oil in a pan.2. Add vegetables and fry for a few minutes.3. Add cooked rice and stir well.4. Push to one side, scramble eggs (if using), then mix together.5. Add soy sauce or seasoning.

Fuel-efficient Cooking

With energy costs also rising, how you cook matters too:

- Slow cookers – Use less electricity and are perfect for stews, soups, and cheaper cuts of meat.
- One-pot meals – Reduce both cooking time and washing up!
- Batch cooking – Cook once, eat multiple times and freeze portions.
- Use lids on pans to keep heat in and cook food faster.

Cooking larger portions at once can save both time and energy.

NOURISHed

Money-saving tips, waste-reducing ideas, and practical cooking courses

Discover how to make the most of your food with **NOURISHed**. Their friendly, engaging sessions are designed to help you build confidence in the kitchen, make healthier choices, and reduce food waste at home.

By taking part, you can learn simple ways to cook on a budget, stretch your ingredients further, and reduce your environmental impact — helping you eat well for less.

Visit the [NOURISHed website](#) to find out more and get started.

Apps and websites to save money on food

Too Good To Go 🖱️ [Too Good To Go Website](#)

Connects you with local cafés, restaurants and shops selling surplus food at reduced prices — helping you save money while preventing food waste.

OLIO 🖱️ [OLIO Website](#)

A free app that connects neighbours and local businesses to share or give away surplus food and household items, helping reduce waste in your community.

Ceredigion Growing Spaces

A [map](#) of growing spaces across Ceredigion is available to help connect people with local food projects, community gardens, and opportunities to grow their own produce.

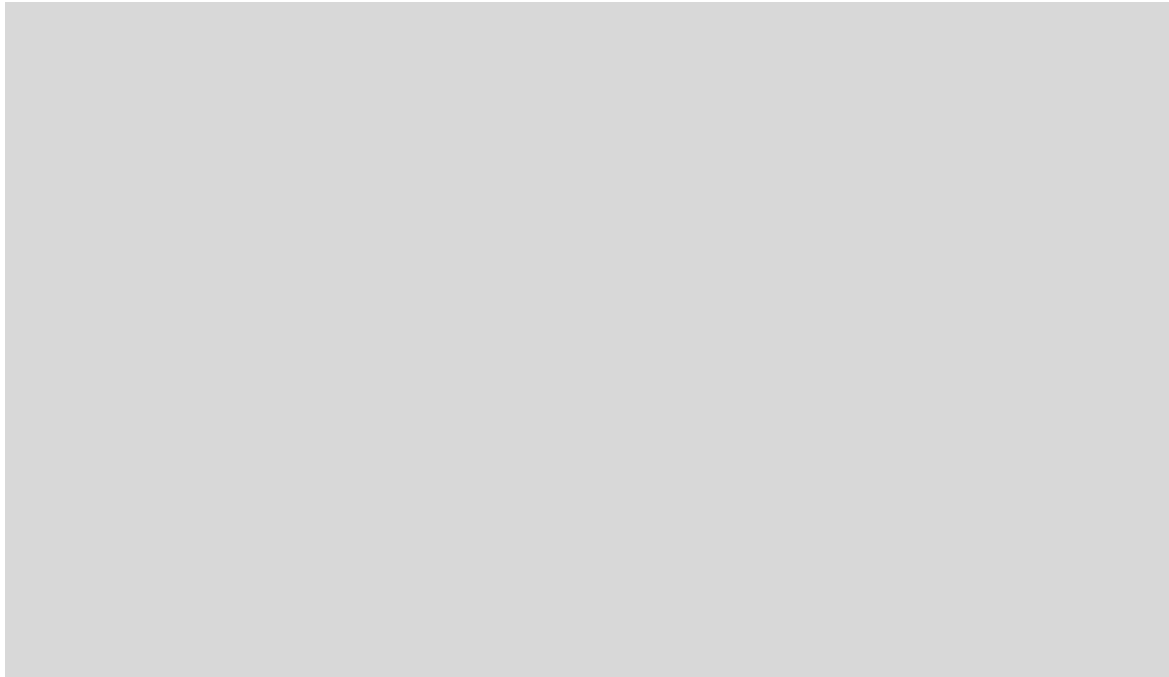
These spaces are part of a wider effort across the county to support local food networks, encourage sustainable growing, and bring communities together around affordable, healthy food. The map is regularly updated as new spaces and projects develop.

You can explore the [map](#) to find a growing space near you and get involved—whether that's learning new skills, meeting others, or starting to grow your own food.

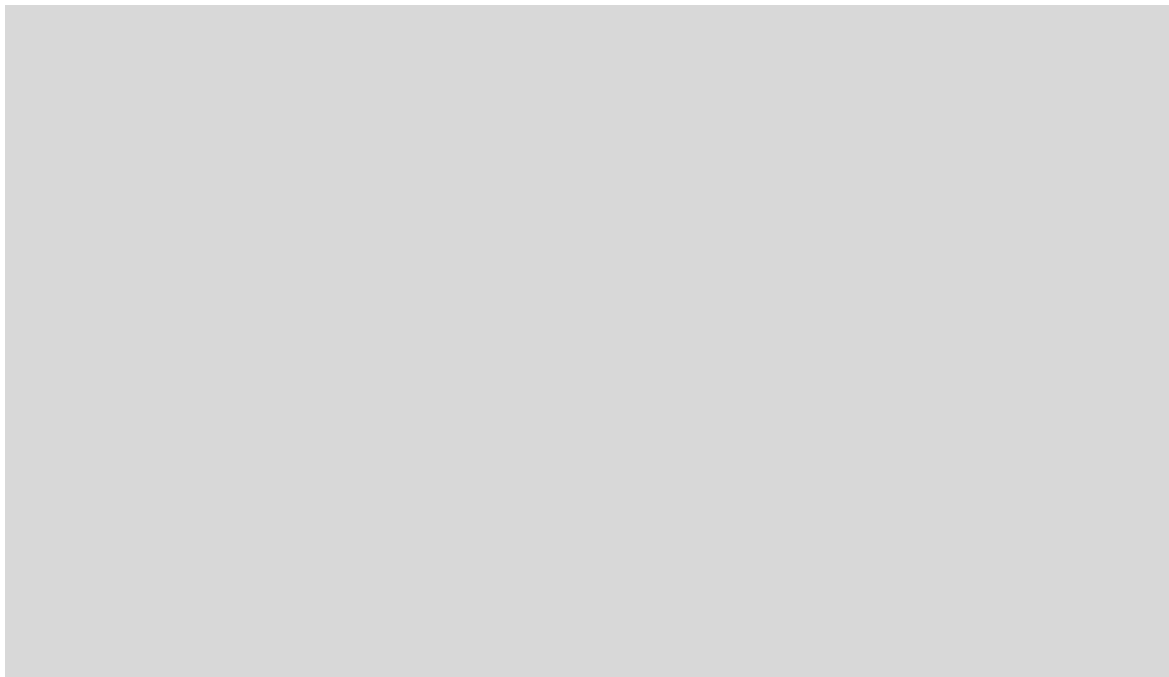
Growing Your Own

Growing your own fruit, vegetables and herbs can be a great way to eat well for less while improving your wellbeing and connecting with your local community.

<https://www.youtube.com/watch?v=JK2fhivHa70>



<https://www.youtube.com/watch?v=RnedlH9c8h0>



Love Food Hate Waste

Looking to make your food go further? **Love Food Hate Waste** offers a wide range of simple recipes and practical tips to help you use up ingredients, especially those nearing their use-by date.

Saving food from being wasted not only helps reduce your shopping costs but also supports the environment by cutting down on unnecessary waste.

Visit the [Love Food Hate Waste website](#) for recipes, tips and inspiration.

Healthy Eating is More Than Food

Healthy eating isn't just about what's on your plate — it's also about how you eat and who you share it with.

Eating with family, friends or your community can make meals more enjoyable and help build a positive relationship with food.

Taking time to sit down, enjoy your meals and connect with others can support both your physical and mental wellbeing.

Eating well means nourishing your body and creating a healthy, happy relationship with food.

To close:

Thank you for reading our Cost-of-Living Bulletin. We hope you found it helpful.

For more information on cost-of-living support, please visit the County Council website: [Cost of Living Support - Ceredigion County Council](#)

The next bulletin will come out on July 17th, 2026. We will focus on '**Income Maximisation**'

If you would like to sign up to receive our monthly cost of living bulletin, please get in touch by emailing the address below.

Email: partnerships@ceredigion.gov.uk Telephone: 01545 570881

Let us know what you think of our e-bulletin by answering two questions: [Click here for the survey](#)