



# Healthy Eating

**Tips for students on:**

*Eating Well*

*Shopping on a Budget*

*MU's Edible Garden*

*Food Hygiene*

*Cheap, Tasty Recipes*

*Websites, Apps & Schemes*

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# EATING WELL



## WHY IS IT IMPORTANT?

### **IMPORTANCE**

*Eating a wide variety of nourishing foods gives you the energy and nutrients you need to stay healthy and function in daily life.*

*It helps you feel your best, and can also reduce your chance of developing certain diseases such as type 2 diabetes, heart disease and cancer.*

*Foods are made up of nutrients. Proteins, carbohydrates, fat, vitamins & minerals are all types of nutrients. Your body needs the right mix of nutrients to be healthy & well (i.e. a balanced diet).*

*As different foods contain different nutrients, you need to choose a mix of foods every day to help you get all the nutrients you need.*

([www.hse.ie](http://www.hse.ie))

# QUICK TIPS



**Eat regular meals & snacks. You can use the food pyramid as a general guide for serving size & nutrients.**



**Eat slowly & mindfully so you can take time to enjoy each meal. Try to avoid eating in front of the TV or the computer.**



**Try to prepare meals using mostly fresh ingredients. Then, try to choose fruits, salads & vegetables for your snacks instead of sweets.**



**Try to use cooking methods like grilling and steaming instead of frying or roasting with oil or fat.**

**Full Detail on the Food Pyramid,  
Nutrients & Meal Planning:**

<https://www2.hse.ie/living-well/healthy-eating/how-to-eat-well/>



# SHOPPING ON A BUDGET



## WHAT TO CONSIDER?



## CONSIDERATIONS

**Bulk Buy & Batch Cook** - Buy ingredients & cook in bulk to help keep waste to a minimum & ensure you get the most value for money. Stock up your cupboard at the beginning of semester with key items (e.g. kilo of rice, big bags of pasta) & your weekly shop will be cheaper.

**Don't forget to Freeze** - Buy food when it's on special offer & freeze it to create big savings. Running a full freezer is also cost-effective as it uses less energy.

**Different sources of protein** - Choosing some veggie sources (e.g. beans, lentils, tofu) can help keep costs low & ensure you're not skimping on quality/needs.

**Frozen Vs Fresh** - Frozen fruit & veg have the same nutritional value as when picked at peak freshness. The frozen section offers plenty of variety, so you can keep costs low but not skimp on quality.

**Avoid checkout temptations** - Shops will often display tempting items to try persuade you to make a last-minute purchase. Resist the urge! Stick to your list.

**Bring your own bags** - Plastic bags start from 70 cent. So, bring reusable shopping bags to avoid this cost.

(Mark Bracken, MU Student Budgeting Advisor)

# QUICK TIPS



**PLAN:** Before you go shopping work out your budget, and then decide your meals for the week.



**LIST:** Write a list of all the items you need and commit to making NO impulse buys.



**FUEL:** Eat something before you go! If you shop on an empty stomach you're more likely to buy things that you don't need.



**LOYALTY:** Sign up for store 'loyalty card schemes' so you can collect points & avail of discounted prices whenever you shop.



**OWN BRAND:** Choosing a stores 'own brand' option when buying products means a cheaper price.

# SUPERMARKETS IN MAYNOOTH



**Aldi - Kilcock Rd, Maynooth, W23WY48**



**Lidl - Straffan Rd, Greenfield, Maynooth**



**Tesco - Dublin Rd, Maynooth.**



**Mroz - 8B Main St, Maynooth.**



**Supervalu - Glen Royal Shopping Centre  
Maynooth, W23 A0E4**



**Dunnes Stores - Manor Mills Shopping  
Centre, Mill St, Maynooth, W23 K4K8.**



**EuroGiant - Carton Park Shopping  
Centre, Maynooth.**



# REVERSE VENDING MACHINES

Looking for ways to reduce your weekly shopping bill? With Ireland's new **Deposit Return Scheme** when you buy a drink in a plastic bottle, or an aluminum or steel can featuring the Re-turn logo, you will pay a small deposit in addition to the price of the drink.

When you return the empty, undamaged container to any participating retail outlet, the deposit will be paid back in full by receiving a voucher which can be redeemed for cash or against the value of your shopping.

For more info visit: <https://re-turn.ie/retailer>



# THE EDIBLE GARDEN



## WHAT/WHERE IS THIS?



## EDIBLE GARDEN

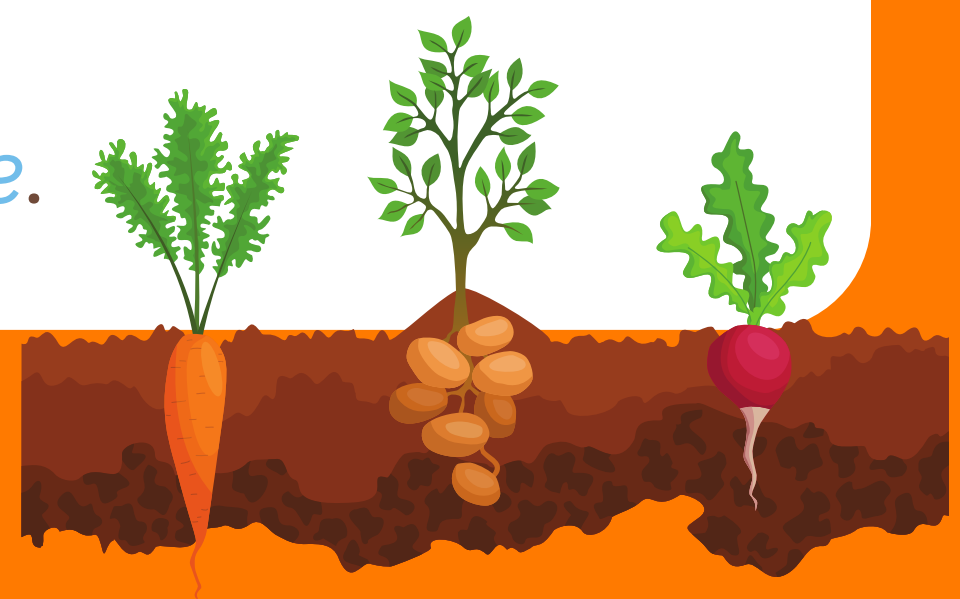
*The Maynooth University 'Edible Garden' is a great amenity for students and staff. It is a place to come together, cultivate (and learn to grow) food, improve biodiversity, and eat nutritious food to improve environmental and human health.*

*Situated on the North Campus between Rowan and Education House, the garden boasts an oasis of blooms, fruit & vegetables, 2 apple tree groves, seating areas, and a soon to be 'outdoor classroom'.*

*It was developed by the Green Campus Sustainable Food & Agriculture Working Group in 2021 to provide an interactive space where students and staff can exchange knowledge and skills.*

*There are a variety of events organised each year. So come plant your own seed, then nurture, harvest and eat veg you've cultivated with your own hands. If you are not interested in growing, simply come along to sit and enjoy the space.*

*To find out more follow the MU Environmental Society on Instagram ([@muenvirosoc](https://www.instagram.com/muenvirosoc)) or contact [patricia.healykettle@mu.ie](mailto:patricia.healykettle@mu.ie).*





# FOOD HYGIENE



## WHAT TO CONSIDER?



## CONSIDERATIONS

*Choosing the right food to keep us healthy isn't the only thing to consider! We also need to make sure we cook and store our food safely. Some frequently asked questions are:*

### ***How long can I store food in my fridge?***

*Always follow storage instructions on the food label. Leftovers should be covered in the fridge.*

### ***Can I reheat leftover food?***

*Yes - within 2-3 days. Leftovers should be refrigerated between 0-5° C during this time.*

### ***How should food be reheated?***

*To 70°C or higher. Food should be very hot & steaming before serving. Leftovers should only be reheated once.*

*(www.fasai.ie)*

**For more information visit the  
Food Safety Authority website:**

[www.fsai.ie/consumer-advice/  
food-safety-and-hygiene](http://www.fsai.ie/consumer-advice/food-safety-and-hygiene)



# QUICK TIPS



**CLEAN:** Keep it clean! Wash hands and the surfaces where you prepare/eat food often.



**SEPARATE:** Store raw meat, poultry, seafood, eggs, and ready-to-eat foods separately.



**COOK:** Food is safely cooked when the internal temperature gets high enough to kill germs. Temperature at the core of the food (thickest part) must be 75° C or higher.



**CHILL:** Refrigerate or freeze foods. Bacteria will form if food is left at room temperature.



# Recipes

## Breakfast

### Make-ahead breakfast ideas



Whether you have an early start for lectures or a day of revision ahead of you, make this easy, healthier breakfast the night before to save you time and money!



#### Overnight oats

**Ingredients:**

40g porridge oats

120ml milk (or a calcium-fortified dairy alternative)

Try adding flaxseeds to your oats as an added source of fibre!

#### **Pick your topping!**

##### **Sweet cinnamon and banana**

Mash a banana with a fork and mix in with the overnight oats, and sprinkle over some cinnamon

##### **Berry medley**

Add your favourite fresh or frozen berries - like strawberries, blueberries, raspberries

##### **Fruit and nut mix**

Add a sprinkle of dried fruit like raisins or sultanas, and a handful of chopped nuts

##### **Tropical**

Add chopped kiwi or some canned pineapple chunks - choose canned in fruit juice rather than syrup

Mix all the ingredients together and simply store in the fridge overnight!



### Apple crumble oats



**Ingredients:**

250g porridge oats

4 tbsp Greek style yogurt

2 apples, grated

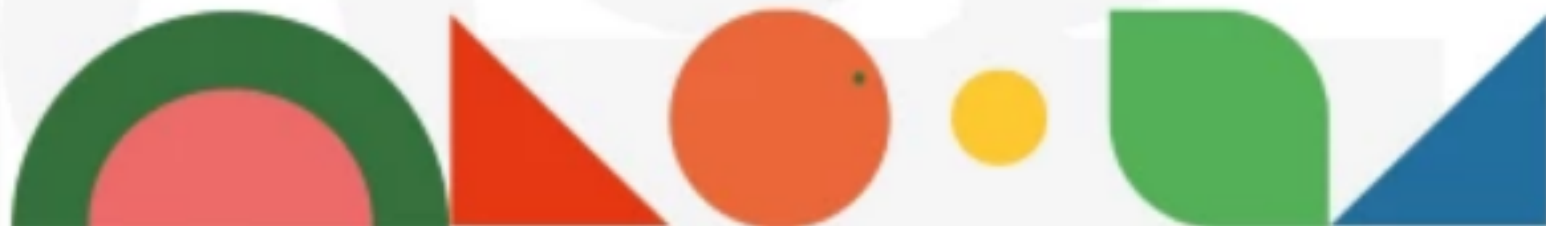
Pinch of cinnamon

50g sultanas (optional)

2 tbsp honey

Milk

Mix all the ingredients together in a bowl apart from the milk. Add enough milk to cover. Put in the fridge overnight!



# Snack

## Simple snacks

Try these simple recipes when you need some healthier snacks to fuel your study or your workout!

British  
**Nutrition**  
Foundation



### Homemade houmous

#### Ingredients:

- 400g chickpeas washed and drained
- Juice of 1/2 lemon
- 1 garlic clove
- 2 tbsp olive oil
- 2 tbsp tahini paste

Chickpeas are a good source of **protein**, **iron** and **fibre**.

You can use the leftover lemon half to flavour tap water for a tasty way to stay hydrated!

Blend together the chickpeas, garlic, tahini paste, olive oil and lemon juice until smooth. Add water for looser consistency. If you do not have a blender, mash smooth with a fork or masher!

Eat as a snack with vegetable sticks such as carrot, pepper, celery or cucumber

Try with some toasted wholemeal pitta bread or crackers



Standard vegetable oil in UK supermarkets is rapeseed oil - high in monounsaturated fat and vitamin E

### Energy bars

#### Ingredients:

- 2 tbsp flaxseeds
- 2 tbsp peanut butter
- 3 ripe bananas
- 280g porridge oats
- 1 tbsp rapeseed oil

Flaxseeds are a source of **protein** and **fibre** as well as being high in **omega-3**.

Mash bananas until smooth. Melt the peanut butter and oil together in a pan and stir in the bananas. Add the oats and seeds and mix well. Put them on a baking tray, press down and bake at 180°C for 20 minutes.

You can use other ingredients you like too - get creative!  
Use different nut butters or add a sprinkle of spices like cinnamon, desiccated coconut, or dark chocolate chips

# LUNCH



## Student store cupboard recipes

### One pot cheesy Mexican lentils, black beans and rice

1. Heat a large saucepan over medium high heat. When the pot is heated, spray with cooking oil and **add in the onion and garlic** - sauté for a couple minutes then **add in the brown rice and lentils**.
2. Add in the **vegetable stock**, stir and bring to a boil - once boiling, cover and reduce the heat to low. Simmer for 30-40 minutes, or until lentils and rice are tender.
3. **Season** the rice and lentils & add in all of the **remaining ingredients** except 1/4 of cheese and stir together.
4. Heat the mixture until the cheese is melted. Top with the **remaining cheese** and cover with a lid. Heat on low until the cheese is melted and the mixture is bubbly.

#### Serves 2

1/2 onion, diced  
1 clove of garlic, grated  
100g long grain brown rice  
100g green lentils, rinsed  
1 can of black beans  
1 can of chopped tomatoes  
75g cheddar cheese, grated  
150ml of vegetable stock  
1 tsp chilli powder  
1/2 tsp ground cumin  
150g frozen peas  
150g frozen sweetcorn

### Get creative

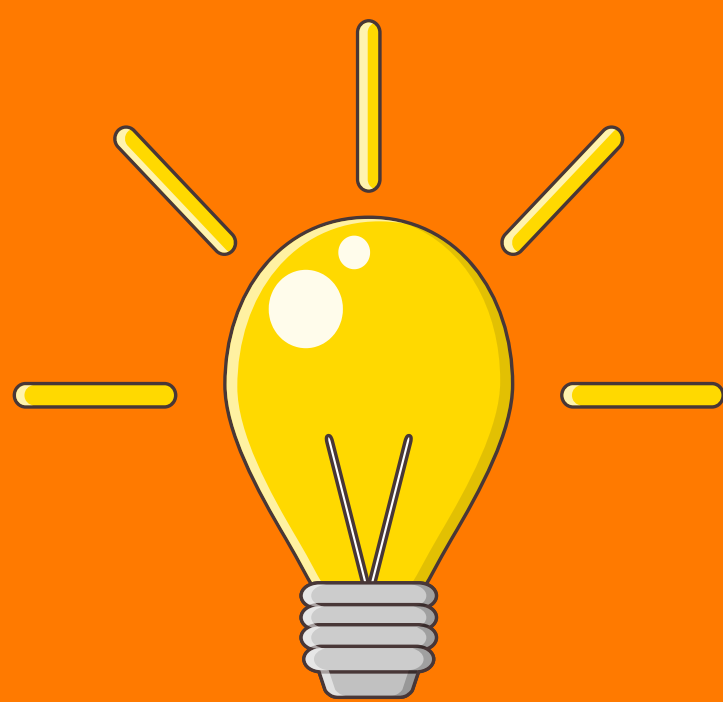
How about substituting:

**Rice:** for cous cous or quinoa

**Black beans & lentils:** for any other canned pulses/legumes

**Chopped tomatoes:** for passata or a tomato pasta sauce

*Remember to check the cooking instructions as they may be different!*



Why not 'batch cook' to make several portions, then freeze the ones you don't need right away!

You can also freeze any leftover veggies or herbs to preserve them!

# dinner

## An any day healthier fakeaway

Thinking about getting a takeaway? Try making something similar yourself with these ideas for a healthier alternative to your takeaway favourites - great to make with friends and you could save money!



### A healthier pizza - serves 2

#### What you'll need:

250g self-raising flour  
1 tsp baking powder  
1/2 tsp sea salt  
250g natural yogurt  
150ml passata  
2 tbsp tomato puree  
125g mozzarella  
Any toppings!

Top with veg like mushrooms, peppers, onion, canned sweetcorn - the choice is yours!

Leftover veg or cooked meat/poultry? These are great toppings too!

#### What you'll do:

- Preheat the oven to 200°C/fan 190°C/Gas mark 6
- Line a baking tray with baking paper
- Mix together the flour, baking powder and salt, then stir in the yogurt
- Mix with your hands until you form a dough
- Knead the dough on a floured surface and roll out into 2 circles
- Combine the passata and tomato puree and spread on top, add your toppings
- Bake in the oven for 20-35 mins and remove

### Chicken Ramen - serves 1

#### What you'll need:

1 pack of instant ramen noodles  
600ml of lower salt chicken stock  
1/2 cooked chicken breast, sliced  
4 tbsp sweetcorn or peas  
1 egg  
Any other vegetables (thinly sliced carrot, shredded cabbage, sliced mushrooms)

For a spicy kick, add a drizzle of sriracha sauce

This could also be made vegan or vegetarian by using different stock and adding in cooked tofu, tempeh or a meat alternative instead

#### What you'll do:

- Put the noodles in a pan, pour over the stock and bring to the boil, simmer until cooked.
- Lift the noodles out and add to a bowl.
- Bring the stock back to the boil and add the chicken to cook through.
- Take out chicken and add to bowl.
- Add the veg to the stock to cook and add to bowl.
- Cook an egg in a pan of boiling water for 6 minutes. Leave to cool.
- Pour the stock over the noodles and veg.
- Peel the egg, cut in half and add to bowl.

# Websites, App's & Schemes

## Use Food Waste Websites and App's:

- ***www.stopfoodwaste.ie*** - offers tips on shopping, storage & cooking
- ***Too Good to Go app*** - allows you to explore local shops/restaurants & get surprise bags of surplus food at a great price and stop it going to waste.

## Join the Loyal Scheme for each supermarket:

- ***Dunnes Value Club Card*** - members earn points across food/fashion/homeware & on-site cafes. Just present your app/physical clubcard in store each time you make a purchase or include your clubcard number in your online shopping account. One point collected for every €1 spent.
- ***Tesco Clubcard*** - collect points when you buy groceries/clothes/pay your Tesco Mobile bill. Once you reach 150 points, you receive vouchers. 1 point collected for every €1 spent. 100 points = €1 in reward vouchers. Clubcard also gives access to special prices.
- ***Supervalu Real Rewards*** - weekly money-off voucher /coupons giving you money-off products + monthly prize draws. Electric Ireland customers who link their Real Rewards account to their EI account can also get discounts off their electricity/gas bills.
- ***Lidl Plus App*** - money off products weekly + a digital scratch card every time you shop, every scratch wins.

Also keep an eye on the websites & social media of each supermarket for weekly special offers!





Student  
Budgeting



An Campas Sláintiúil  
Healthy Campus