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Blaenavon Newsletter December 2022

Local support



Come and enjoy a FREE cup of coffee and a friendly chat. Hot snacks also available. FREE wifi. See you at the Huddle 9-1 Tuesdays at Victory Church on Broad Street

Living well for less in Blaenavon.

Greggs

Every Wednesday evening the World Heritage Youth Ambassadors at the Hwb youth charity on Broad Street (opposite the Lion pub) gives out surplus food from Greggs, such as sausage rolls and baguettes. Again, this is not means tested and a way to stop food waste.



Food share takes place at Bethlehem Church every Thursday morning from 9am until 11.00pm

This is not a food bank and is not means tested, anyone can use it and you are guaranteed a warm welcome and a cup of tea!

It helps stop surplus food going to waste. There are different items each week but often pasta, rice and tins of soup and tomatoes are available as well as bread, fruit, and vegetables.





Churches together in Blaenavon are working in partnership to make sure there are warm, welcoming spaces and plenty of activities to attend this Winter. Join us for a cuppa and a chat at the following places.

Monday

Bethlehem church Coffee and a chat 10-1
Little Sunbeams- Toddler group Victory church 10-11.30- (term time)
Fellowship 3.30-4.40 King Street

Tuesday

9-1 Huddle (craft club 10-12) Victory Church
7-9 camera club King Street
1.30-3.30 Pottery at Bethlehem.

Thursday

9-11 Bethlehem Foodshare
12.30-1.30 Bethlehem Live, Laugh, Lunch.
1.30-2.30 Coffee and chat
6.30 Next Level Youth Club Victory
3-5 Aspire Social club for adults with additional needs Victory



Living well for less

2 course Christmas dinner for 4 (Plus a mince pie) for less than £3 per head.



**700g pack chicken breast fillets (£4.70) - £3.79 for 1kg frozen chicken breasts if you'd prefer turkey
£4.40 for a pack of turkey breast steaks.**

85g sage and onion stuffing pack mix 25p

4 sausages 30p (Just essential sausages £1.50 for 20)

4 pieces streaky bacon 64p (£2.50 for 16 rashers

75g cranberry sauce 32p (85p per jar)

1kg (just essential) potatoes (£1.15)

500g carrots 25p

500g parsnips 65p

300g frozen Brussels sprouts 1.25 for 1 kg

200g frozen peas 1.25 for 1 kg

12 ready-made and frozen Yorkshire puddings (Asda just essentials) 50p

50g gravy granules - quantity needed may differ depending on which brand you buy 20p

100 ml vegetable oil 21p

Please note a full roast dinner in the oven costs around £5 in fuel to cook.

If you want to save money on energy, cook the breasts, potatoes cubed, sausages wrapped in bacon, carrots and parsnips in a pan together. Start by cooking the item that takes the longest (for example frozen chicken breasts take 45 mins and the sausages 19 mins, so add them roughly half way through.

Roast veg takes about 25 mins so add just before the sausages)

You can also buy frozen mash which is more cost effective to microwave at £1.10 per bag.

Mince pies 20p each

Just Essentials Christmas pudding 50p per portion (£1.95)

To make a 3 course dinner add 2 tins of any of the Just Essentials soup between 4 for as a starter

Keep any left overs to make a sandwich (complete with gravy) on Boxing Day

If you can't visit Asda try the most basic range in any other Supermarket for similar prices





Super frugal Christmas treats



50p



£1.95



£1.00



68p



99p



£1.78



40p



39p