

## Christmas half term shopping list

ASDA Wafer Thin Honey Roast Ham Slices £1.40  
ASDA White & Wheat Wraps £0.89  
ASDA White Finger Rolls £0.53  
Kingsmill Medium 50/50 Bread £1.70 x 2  
ASDA Reduced Sugar & Salt Baked Beans in Tomato Sauce  
£0.96  
ASDA Skipjack Tuna Chunks in Spring Water £2.69  
Kingsfood Hot Dogs In Brine £0.55  
ASDA Grower's Selection Baking Potatoes £0.49 x 2  
ASDA Grower's Selection Carrots £0.47  
Wildlife Strawberry Flavour Yogurt Choobs £1.00  
Wildlife Variety Yogurt Choobs £1.00 x 2  
ASDA Garden Gang Apples (Colour may vary) £0.90  
ASDA Grower's Selection 7 Bananas £0.99  
ASDA Grower's Selection Cucumber £0.47  
ASDA 100% Pure Orange Juice Smooth Cartons £2.58  
ASDA 12 Potato Waffles £0.95  
ASDA Extra Mature Cheddar Cheese £2.00  
ASDA 12 Medium Free Range Eggs £1.39  
ASDA Brilliantly Buttery £0.79  
ASDA Semi Skimmed Milk  
£1.10 4pt x 2  
ASDA Scottish Porridge Oats £1.05  
ASDA Wheat Bisks Cereal 48 £2.12  
Pasta 45p

**Shopping total £29.73**

Disclaimer: prices correct as of November 2020, St Helens Council cannot be held responsible for price changes.

Designed by Teresa Mercer and Alexandra Barber from St Helens Council and Public Health.  
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### Breakfast Suggestions

Wheat bisk with milk apple or banana  
Porridge with milk apple or banana  
Overnight oats \* see recipe  
Beans on toast  
Eggs on toast  
Cheese on toast

### Lunch Suggestions

Each lunch should have a glass of  
Orange juice plus carrots and  
cucumber  
Baked potatoes with various filling  
Toasted sandwiches with various  
fillings  
Wraps with various filling – hot or cold  
Waffles with various topping  
Mash and beans  
Wedges  
Hot dogs on rolls  
Sandwiches with various fillings  
Eggs – boiled, poached, scrambled on  
toast  
Cheese on toast  
Beans on toast  
Omelette with various fillings  
Pasta with various toppings