The NET Programme

NAOMH ÉANNA TOGETHER

NOTE TO PARENTS

A Chairde,

Hope you are all keeping as well as can be expected in these surreal times.

For the last few months members of the Health & Wellbeing committee have been working on a Resilience Programme for our young Gaels.

This programme was to compliment the already excellent work our coaches had in place for the children. It is still very much a work in progress and there is a lot more content to be included. It was also designed to be delivered in a workshop-based setting. However this is out of our control at the minute but we felt that there is still aspects of the programme that the young people could work on from home that might help them with any emotions they may be feeling at this time.

The learning is taken from a programme called The Big Life Journal, an excellent resource for children from 5 years and up. We have added our own touches to this to make it relevant to Gaelic Games.

We hope you find this useful and that it helps to provide support to the children. **Their wellbeing is paramount to us as a Club**. We had originally planned to pilot this at the U10 Hurlers with a view to rolling out through the different age groups. The content would be aimed from 8 years and up.

The title of the programme is The NET Project- Naomh Éanna Together. Very poignant given the times we are in.

Take good care and stay safe.

MINDSET SHIFT DURING STAY AT HOME TIME

IM STUCK AT HOME	I GET TO BE SAFE IN MY HOME AND SPEND TIME WITH MY FAMILY.
I WILL GET SICK	I WILL STAY AT HOME AND WASH MY HANDS. THIS WILL REALLY REDUCE MY CHANCES OF GETTNG SICK.
I WILL RUN OUT OF ITEMS AT HOME DURING SELF- ISOLATION	MY PARENTS HAVE PREPARED FOR THIS. WE WILL ALL USE OUR ITEMS WISELY. WE HAVE EVERYTHING WE NEED FOR NOW.
EVERYTHING IS SHUTTING DOWN, I AM PANICKING	THE MOST IMPORTANT PLACES, SUCH AS MEDICAL CENTRES, PHARMACIES AND GROCERY STORES REMAIN OPEN. DON'T WORRY.
THERE IS TOO MUCH UNCERTAINTY RIGHT NOW	WHILE I CAN'T CONTROL THE SITUATION AROUND ME, I CAN CONTROL MY ACTIONS. I CAN KEEP ACTIVE, PRACTICE MY SKILLS, KEEP IN TOUCH WITH MY FRIENDS ONLINE/ OVER THE PHONE. I WILL EAT WELL AND GET ENOUGH SLEEP. I WILL HELP MY PARENTS AROUND THE HOUSE.

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INTRODUCTION

As a club we are so **PROUD** of each and every one of our young people. We watch week in and week out how every age group from U6 right up, turn up for training and represent our club at blitzes and matches.

We are very **PROUD** of you and appreciate all your **EFFORT**.

This programme is designed for **YOU**. As a Club we want **YOU** to achieve **YOUR** goals as young Gaels and sports people. We want to give **YOU** tools and **GUIDANCE** to help **YOU** BE **THE BEST VERSION OF YOURSELVES.**

TOPICS

GAA CODE OF BEHAVIOUR

- WHAT IS THE CODE OF BEHAVIOUR?
- HAVE YOU HEARD OF IT?
- WHAT DOES IT MEAN TO YOU?
- DISCUSS WAYS TO MAKE THE COB RELEVENT AND VISIBLE AROUND THE CLUB EG MURAL, SIGNS, POSTERS

PRIDE IN YOUR CLUB

- WHAT DOES PLAING FOR NAOMH ÉANNA MEAN TO YOU?
- DO YOU KNOW THE HISTORY OF YOUR CLUB?
- WHAT IS THE BACKGROUND TO THE CLUBS CREST?

RESILIENCE BUILDING

- WHAT IS RESILIENCE?
- HOW DO WE BECOME MORE RESILIENT?
- HOW DO WE HANDLE FAILURE AND SUCCESS?

HEALTHY EATING & SLEEP

- AS A YOUNG ATHLETE WHAT SHOULD I EAT?
- HOW MUCH SLEEP DO I NEED?
- HOW DO I MANAGE MY SCREEN TIME AND UNDERSTAND THE EFFECTS IT CAN HAVE ON MY PERSONALITY OR SPORTS PERFORMANCE?
- MINDFULLNESS TIPS TO MANAGE STRESSFUL SITUATIONS

The GAA CODE OF BEHAVIOUR

THE GAA

You are part of a **BIG FAMILY.**

That big family is the **GAA.**

No matter where you go in this Country and no matter where you go in the World, you will always find a GAA club or people who are members of the **GAA.**

We **BELONG** to it and it **BELONGS to all of us!**

Because we belong to the GAA, we have to **TAKE CARE** of one another and **TREAT EACH OTHER LIKE FAMILY** and one of the ways that we can do that is to agree to the **CODE OF BEHAVIOUR.**

That means that we treat each other with **RESPECT.**

GIVE RESPECT, GET RESPECT

We all have to agree to be **RESPECTFUL** to each other, whether we are players, coaches, supporters, parents/guardians, club members or referees.

WE HAVE RIGHTS...

We have the right to **FEEL SAFE.**

We have the right to have **FUN** and have enjoyable experiences.

We have the right to **SPEAK UP** and make suggestions to our coaches and our committee.

We have the **RIGHT TO PARTICIPATE** in games and competitions at our level.

We have the right to **TRAIN, LEARN, DEVELOP OUR SKILLS AND GROW.**

We have the right to be **LISTENED TO.**

We have the **RIGHT TO TALK TO ANY OF THE ADULTS IN OUR CLUB, SUCH AS THE CLUB CHILDREN'S OFFICER,** if we need **HELP.**

WE HAVE RESPONSIBILITIES TOO...

We must always **PLAY FAIRLY** and do our best to **ENJOY OURSELVES.**

We must always **RESPECT OUR TEAM-MATES**

We must always **SUPPORT OUR TEAM-MATES,** no matter if they do well or not.

We must **REPRESENT OUR TEAM, OUR CLUB, OUR COUNTY** and **OUR FAMILIES** with **PRIDE** and **DIGNITY.**

We must **RESPECT** all coaches, referees and the other team.

We must be **GRACIOUS** in **DEFEAT** and **VICTORY.**

We must **SHAKE HANDS** before and after a game.

We must **TAKE CARE** of **OUR CLUB** and it's **EQUIPMENT.**

WE MUST LOOK AFTER ONE ANOTHER.

If we **LOOK AFTER EACH OTHER** and **PLAY, LEARN AND GROW** together, we will always be **TOGETHER.** No matter where we end up in this big, wide world, **GAA PEOPLE ALWAYS STICK TOGETHER** because we always **LOOK AFTER EACH OTHER** - this is what our clubs and our counties and our association teaches us to do, because we **BELONG.**

PRIDE IN YOUR CLUB

MORE THAN A JERSEY?

WHAT DOES WEARING THE NAOMH ÉANNA JERSEY MEAN TO YOU?

WRITE INSIDE THE IMAGE BELOW ALL THE WORDS THAT DESCRIBE BEST HOW YOU FEEL WHEN WEARING THE JERSEY.

RESILIENCE BUILDING

THE STAIRWAY TO SUCCESS

JOE MASKEY

MY INSPIRING QUOTE...

SUCCESS

PERSISTENCE

HARD WORK

FAILURES

EFFORT

TEAMWORK

RISKS

GOALS

I AM FAMOUS FOR...

AN OBSTACLE I FACED...

HOW I OVERCAME THE OBSTACLE...

THE STAIRWAY TO SUCCESS

JAMES MCAULEY

MY INSPIRING QUOTE...

SUCCESS

PERSISTENCE

HARD WORK

FAILURES

EFFORT

TEAMWORK

RISKS

GOALS

I AM FAMOUS FOR...

AN OBSTACLE I FACED...

"There is NO elevator to SUCCESS. You have to TAKE THE STAIRS!"
Zig Ziglar

HOW I OVERCAME THE OBSTACLE...

THE STAIRWAY TO SUCCESS

Maeve Curran

MY INSPIRING QUOTE...

SUCCESS

PERSISTENCE

HARD WORK

FAILURES

EFFORT

TEAMWORK

RISKS

GOALS

I AM FAMOUS FOR...

AN OBSTACLE I FACED...

"BE BIG!"
GERRY
DEVLIN

HOW I OVERCAME THE OBSTACLE...

THE STAIRWAY TO SUCCESS

Jane McNulty

MY INSPIRING QUOTE...

SUCCESS

PERSISTENCE

HARD WORK

FAILURES

EFFORT

TEAMWORK

RISKS

GOALS

I AM FAMOUS FOR...

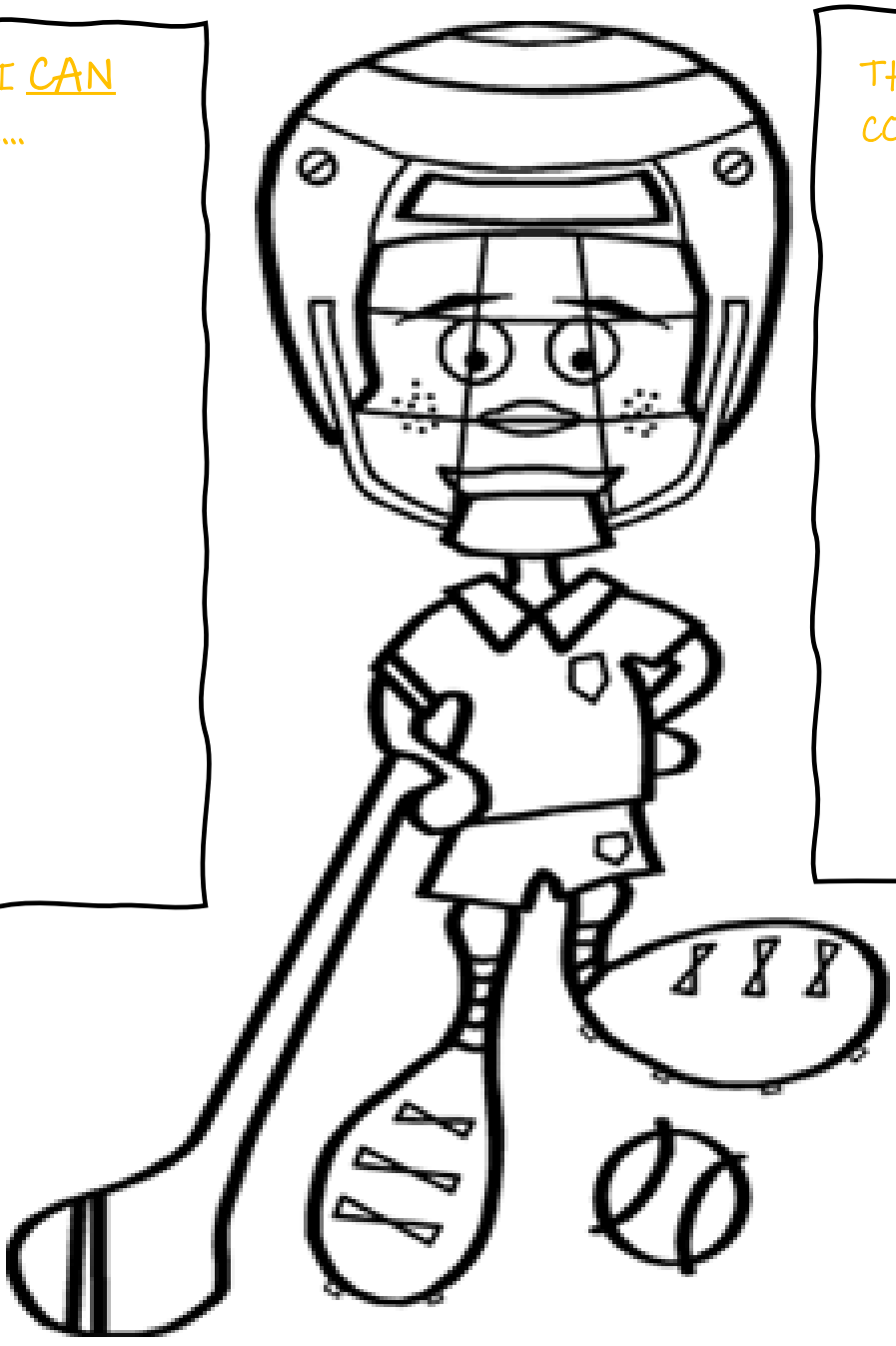
AN OBSTACLE I FACED...

HOW I OVERCAME THE OBSTACLE...

IN OR OUT OF MY CONTROL?

WRITE A LIST OF THE THINGS THAT YOU **CAN** CONTROL (SUCH AS YOUR EFFORT OR ATTITUDE) THEN WRITE A LIST OF THINGS THAT YOU **CAN'T** CONTROL (SUCH AS OTHER PEOPLES FEELINGS OR THE WEATHER.)

THINGS I CAN CONTROL...



THINGS I CAN'T CONTROL...

MY GREAT GRIT INTERVIEW

LEARNIG FROM OTHERS CAN BE VERY INSPIRING! CHOOSE A PERSON YOU KNOW AND ASK IF YOU CAN INTERVIEW HIM/HER ABOUT HOW THEY ACHIEVED THEIR BIGGEST GOAL.

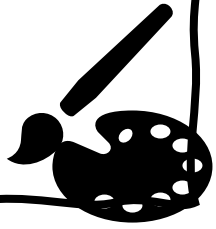
MY NAME: _____.

THE PERSON I AM INTERVIEWING IS:_____.

MY INTERVIEW QUESTIONS

- WHAT IS THE BIGGEST GOAL YOU'VE SET THAT YOU WERE ABLE TO ACHIEVE?
- WHAT DID YOU HAVE TO DO TO ACCOMPLISH THAT GOAL?
- DID YOU EVER THINK OF GIVING UP? IF SO HOW DID YOU OVERCOME THAT THOUGHT?
- HOW DID YOU FEEL WHEN YOU ACCOMPLISHED THE GOAL?
- WRITE THE RESPONSES ON THE BACK OF THIS PAGE

DRAW THE PERSON YOU ARE INTERVIEWING



MY GAA BINGO

MY NAME_____

I WILL COMPLETE THIS BINGO BY (END DATE) _____

THE GOAL IS TO COMPLETE AS MANY AS POSSIBLE BY THE END DATE.

EAT AN APPLE	PRACTICE STRIKING ON THE RUN	DRIBBLE AROUND 3 OBJECTS X5	10 MINS BALL WALL OF YOUR LEFT
PRACTICE SIDELINE CUT	10 MINS ROLL LIFT PRACTICE	DRINK AT LEAST 8 GLASSES OF WATER A DAY	READ A BOOK ABOUT HURLING/ FOOTBALL
DO 10 SIT UPS	YOUTUBE HURLING/ FOOTBALL SKILLS	PRACTICE THE SOLO	10 MINS BALL WALL OF YOUR RIGHT
10 MINS JAB LIFT PRACTICE	DO 10 PRESS UPS	GET A GOOD NIGHTS SLEEP	EAT A BANANA

MY POWER OF 'YET!'

MY NAME:_____

BEFORE YOU KNEW HOW TO DO SOMETHING, YOU DIDN'T KNOW HOW TO DO IT **YET!**

DRAW OR DESCRIBE SOMETHING YOU CAN DO REALLY WELL.

HOW DID YOU BECOME GOOD AT IT?

_____

_____

_____

_____

DRAW OR PASTE A PICTURE OF YOU...

WHEN YOU THINK YOU CAN'T DO SOMETHING, ADD THE WORD "YET" AT THE END OF YOUR SENTENCE.

SO...

I CAN'T DO THAT....YET!

WRITE YOUR SENTENCE BELOW:

I CAN'T

_____

_____

YET!

I DON'T KNOW HOW TO

_____

_____

YET!

THINGS TO REMEMBER

REFRAME THOSE THOUGHTS

We all have days where nothing seems to go right.

We ALL get days like that. We hear a wee voice inside our heads telling us that we aren't good enough. Telling us that we will never be able to do a Roll Lift challenge or other sports related challenges.

What is important is that instead of believing that wee voice that we tell ourselves that we ARE good enough and we CAN. This takes time and practice too. Here are some examples below.

I am not that good at this.	I am not good at this YET!
It'll do.	Is this really my best work?
I can't make this any better.	How cam I improve this?
I give up.	I'll use other strategies.
This is difficult.	This may take some time & effort.
I made a mistake.	Mistakes make me learn.

5 THINGS I CAN TELL MYSELF

IMAGINE YOU'RE WORKING ON SOMETHING DIFFICULT, A NEW HURLING DRILL, FOR EXAMPLE. IT'S NOT EASY BUT YOU DON'T WANT TO GIVE UP! WHAT CAN YOU TELL YOURSELF TO **KEEP GOING?**

MY NAME: _____

Draw yourself here

I'm on the right track!

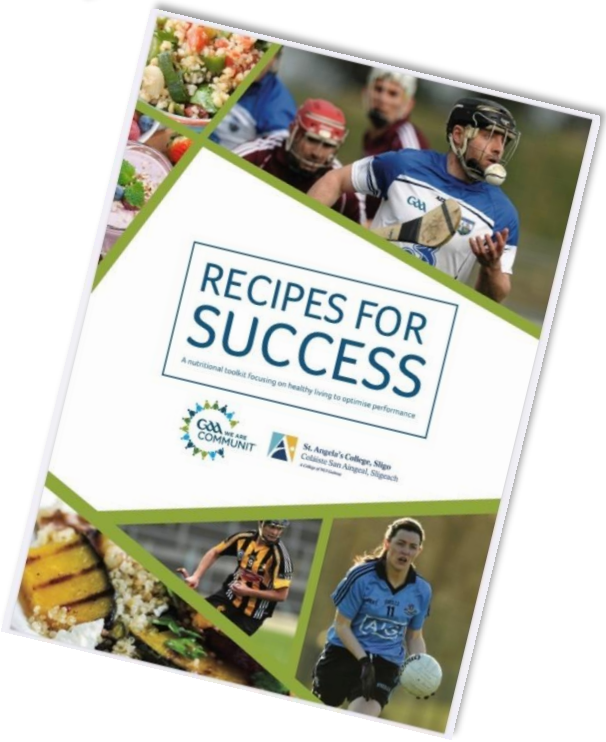
PRACTICE MAKES YOU BETTER!

I CAN DO DIFFICULT THINGS!

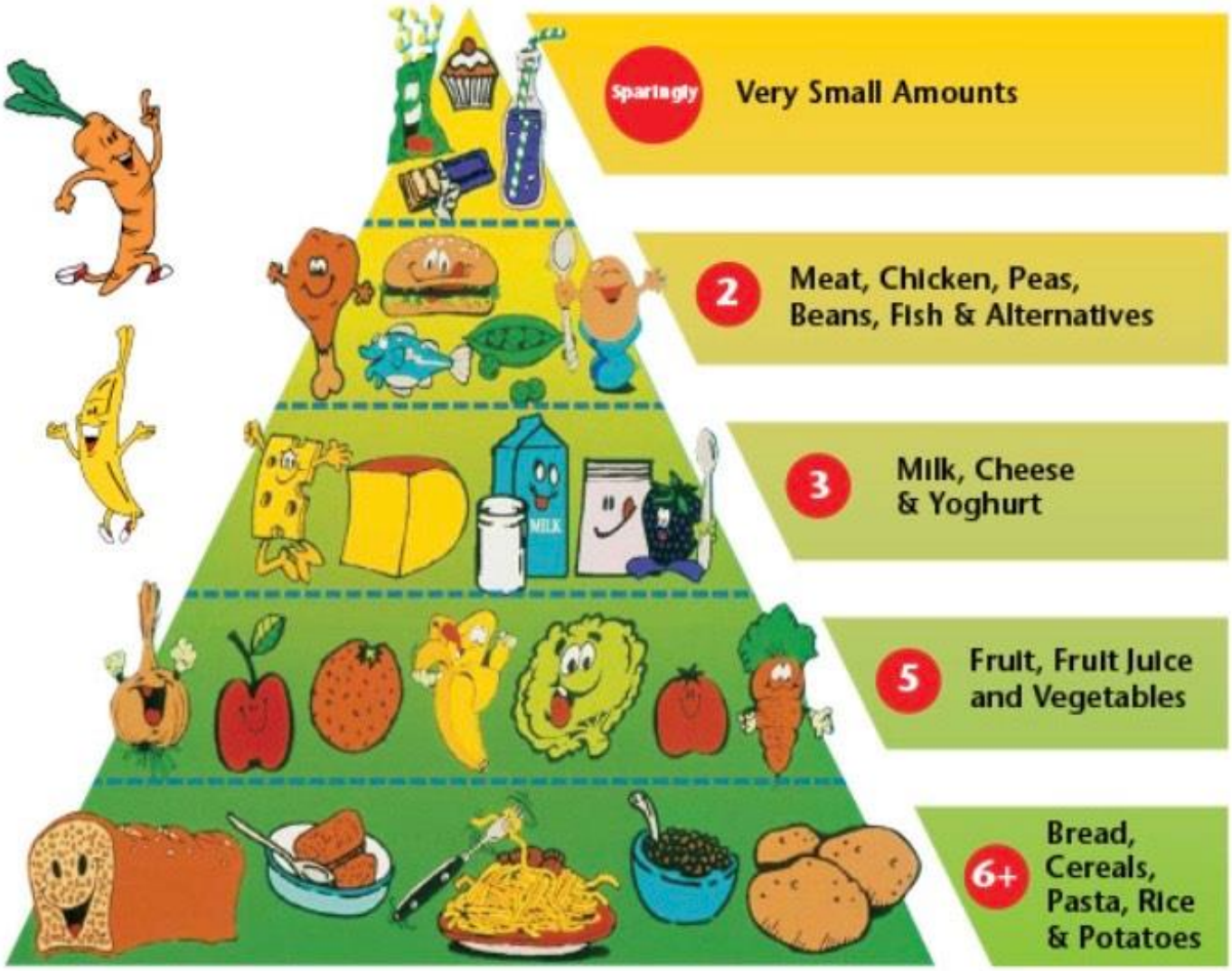
HEALTHY EATING AND SLEEP

FOOD AND SPORT

THE GAA HAVE A FEW EXCELLENT BOOKLETS AROUND HEALTHY EATING WHEN YOU ARE A YOUNG ATHLETE. WE HAVE HIGHLIGHTED A FEW KEY POINTS FOR YOU. WHEN YOU GET A MINUTE GO ON TO THE ULSTER GAA WEBSITE www.ulster.gaa.ie TO FIND OUT MORE INFORMATION.



THE FOOD PYRAMID



For younger children, start with smaller and fewer servings and increase up to the guidelines recommended, according to the child's own growth and appetite.

Food Pyramid servings above are suitable for children from 5 years of age

Children should do at least 1 hour of moderate intensive activity, most days of the week

WEEK 1

Fill in the table below to show what you ate and drank this week.

Mark with a ✔ every time you ate one of the foods listed.

	MON	TUES	WED	THURS	FRI
Did you have breakfast?					
Bread, cereals, potatoes, rice & pasta					
Fruit & vegetables					
Milk, cheese & yoghurt					
Meat, chicken & fish					
Sweets, chocolates, fizzy drinks					
Fried foods					
Water					

I am proud of myself this week because I .....

.....

.....

Next week I think I can improve by .....

.....

.....

I think my efforts earned me ..... / 5

Top favourite foods and their performance benefits

Eggs

Protein, B Vitamins, Vitamin A, Vitamin D, Iron

- ✓ Supports muscle growth
- ✓ Improves energy
- ✓ Contributes to healthy skin
- ✓ Boost immunity
- ✓ Transports oxygen around the body

Sweet Potato

Protein, B Vitamins, Vitamin A, Vitamin D, Iron

- ✓ Enhances the recovery of muscle after high intensity exercise
- ✓ Boosts Immunity
- ✓ Improves immunity after intense exercise
- ✓ Supports strong bones
- ✓ Ensures proper muscle function

Broccoli

Protein, B Vitamins, Vitamin A, Vitamin D, Iron

- ✓ Repairs muscle
- ✓ Boosts energy
- ✓ Supports strong bones
- ✓ Improves energy levels
- ✓ Immune protection

Dairy Products

Protein, B Vitamins, Vitamin A, Vitamin D, Iron

- ✓ Repairs muscle
- ✓ Boosts energy
- ✓ Supports strong bones
- ✓ Improves energy levels
- ✓ Immune protection

TOP TIPS FOR FUELING & HYDRATING

MAKE HEALTHIER FOOD CHOICES MORE OFTEN

- EATING LOTS OF DIFFERENT HEALTHY FOODS WILL HELP YOU-
  HAVE MORE ENERGY
  HELP YOU PLAY BETTER

- IF YOU HAVE LOTS OF TRAINING SESSIONS AND MATCHES IN A WEEK, MAKE SURE YOU **PREPARE YOUR BODY** FOR IT BY **EATING THE RIGHT FOODS** AND DRINKING ENOUGH FLUIDS TO FUEL UP AND STAY HYDRATED.

- TRY AND EAT A MEAL FULL OF CARBOHYDRATES AND A BIT OF PROTEIN 3 HOURS BEFORE TRAINING.

- EAT A SMALL SNACK LIKE A BANANA ABOUT AN HOUR BEFORE YOUR MATCH. THIS WILL STOP YOU FEELING HUNGRY AND GIVE YOU SUPER STRENGTH.

- ON THE MORNING OF THE MATCH MAKE SURE YOU EAT A HEALTHY BREAKFAST TO GIVE YOU PLENTY OF ENERGY FOR THE MATCH.

- IMMEDIATELY AFTER A MATCH YOUR BODY NEEDS PROTEIN AND CARBOHYDRATES TO HELP IT RECOVER. YOU CAN DO THIS BY EATING A BANANA AND DRINKING MILK, EVEN CHOCOLATE MILK WILL HELP!

STAY HYDRATED

WHETHER TRAINING OR DURING A MATCH IT IS **SO IMPORTANT TO KEEP HYDRATED**

- DRINK LITTLE AND OFTEN, PREFERABLY WATER

WARNING!!! THIS NEXT BIT IS A BIT YUCKY LOL BUT ITS IMPORTANT!

- THE COLOUR OF YOUR URINE (PEE) IS A WAY OF TELLING IF YOU AREN'T DRINKING ENOUGH FLUIDS.
- URINE SHOULD BE PALE/CLEAR IN COLOUR.
- IF ITS YELLOW/ DARK, MOST LIKELY YOU ARE DEHYDRATED AND IF YOU ARE PLAYING A MATCH THIS COULD AFFECT YOUR PERFORMANCE.

THE PEE CHART

Are you Dehydrated? Check Your Urine	
1, 2, 3 Well Hydrated	1
	2
	3
4,5 Hydrated but not well	4
	5
6,7,8 Dehydrated. You need to drink more	6
	7
	8

TOP TIP:

Use the 'pee' chart to ensure you are hydrated before training sessions

HOMEMADE SPORTS DRINKS

Homemade sports drinks provide you with a great rehyd
option which you can take both during or after training.
some simple options:

1. 1 x freshly squeezed lime + 1 freshly squeeze lemon +
   of water + 1-2 tablespoons of honey (optional) + a pir
   Himalayan sea salt / rock salt

2. 1 cup of chopped fresh watermelon + 1 cup of coconut water
   + 1 squeeze of lime + 1 pinch of Himalayan sea salt/rock salt

(The two homemade drink options above are low in carbohydrate & a great option for hydrating throughout the day or during a training session)

3. 250ml of pineapple juice + 250 ml of water + a pinch
   of Himalayan sea salt / rock salt (This drink is higher in carbohydrate and is a great option for during or after a game to help replenish carbohydrate.)

SOME RECIPIES FOR YOU TO TRY OUT

Baked Apple Porridge

INGREDIENTS

1 apple
80g oats
200ml coconut / almond milk
1 teaspoon coconut oil
1 tbsp chia seeds
1 tbsp blueberries
1 teaspoon cinnamon
1 tsp honey / agave syrup

This is a great snack to have the night before a game to top up carbohydrate stores.

METHOD

1. Cut the apple in half, then in quarters. Remove the core then slice.
2. Place the apple in a bowl and microwave for 1 minute to soften.
3. Then place the apple in a pan with coconut oil and cinnamon.
4. Once the apple slices are browned set aside.
5. Mix the oats and milk in a bowl and microwave for two minutes.
6. Place the hot apples on top, sprinkle with blueberries, cinnamon and chia seeds then drizzle agave syrup/honey on top.

How will this recipe boost my performance?

Apple contains fibre which aids with proper digestion. Oats contain carbohydrate which enhances the recovery of muscle after high intensity exercise.

Chocolate Peanut Butter Seed Bar

INGREDIENTS

225g Oats
25g Flaxseed
125g Seeds (pumpkin, sesame, sunflower)
175g Nuts (almonds, walnuts, hazelnuts etc.)
50ml honey / agave syrup
200g natural peanut butter
75g dark chocolate chips (85-90%)

METHOD

1. Line a square 9 x 9 inch baking tin with greaseproof paper
2. In a large bowl, combine the oats, chocolate chips, flax seed, mixed seeds and nuts; mix thoroughly.
3. In a saucepan melt the honey and peanut butter together until softened.
4. Add this to the dry ingredients and stir until well combined.
5. Place the mixture into the prepared baking tin and press firmly until it is evenly distributed.
6. Place the mixture into the freezer for an hour & then remove from the tin, place on a chopping board cut into 10-12 bars.

How will this recipe boost my performance?

Peanut Butter contains Protein which supports muscle growth. Dark chocolate chips contain iron which transports oxygen around the body.

TOP TIP:

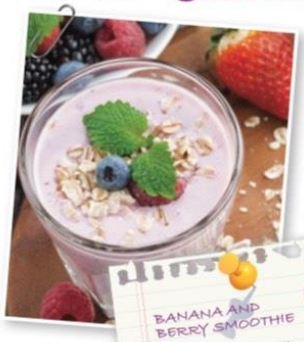
Bulk cook homemade bars to save time & ensure you have snacks towards the end of a busy week.

Healthy Snacks & Baking

On the run snack suggestions

- A tub (125g) of full fat plain Greek yogurt + ½ a cup of berries (or whatever fruit you like) + 1 dessertspoon of flax seed or a tablespoons of homemade granola
- **Star Snack**: 1 medium apple, chop it and top with peanut butter
- 2-4 wholegrain oatcakes topped with almond butter
- 2 slices of rye/spelt toast topped with cheese & tomato
- 2 slices of rye/spelt toast topped with nut butter (almond, peanut or hazelnut butter)
- A handful of mixed nuts + a medium sized piece of fruit
- A bowl of porridge topped with a ½ a cup of blueberries & a dessertspoon of flaxseed & a Greek yogurt
- 2 x boiled eggs + 1 large peeled & chopped carrot
- Green smoothie & 2 boiled eggs
- An avocado sprinkled with pepper & sea salt
- A smoothie (choose from recipes p16-17)
- 1-2 tablespoons of cottage cheese on oatcakes sprinkled with pepper
- 1 large chopped carrot dipped in hummus (Add a chicken breast to this snack to increase its protein content)
- 4 - 6 x squares of 70-80% dark chocolate

Smoothies & Shakes



TROPICAL SHAKE

1 small tin Pineapple chunks (in juice)
1 banana (chopped)
5 Strawberries (stalks removed)
20g Spinach (washed)
180ml milk
1 tablespoon Flaxseed, ground
1 tablespoon Porridge Oats

BANANA AND BERRY SMOOTHIE

1 Banana (chopped)
50g Frozen berries
½ tablespoon peanut butter
180ml Milk
1 tablespoon Oats
2 teaspoons Honey
Water to dilute as needed

How will this recipe boost my performance?

Banana contains carbohydrate which enhances the recovery of muscle after high intensity exercise. Kale contains Vitamin K which is essential for proper blood clotting

METHOD

1. Wash fruit and/or vegetables and prepare according to chosen recipe above. Place into a blender.
2. Pour in the liquid ingredients, add the remaining ingredients and blend.
3. Taste and add a little honey or milk if necessary.
4. Serve immediately in a glass.

Pancakes

BATTER:
1 medium Egg
125ml Buttermilk (or alternative)
100g self-raising Flour
1 teaspoon Honey (for sweet pancakes)
1 tablespoon mixed seeds (poppy, chia, flaxseed, sunflower)
1 tablespoon olive oil (to fry)

Toppings (These are optional toppings to enhance the nutritional content)

Sweet
- 1 Banana (sliced), ½ tablespoon flaked almond & ½ teaspoon Cinnamon, 1 tablespoon natural yoghurt
- 50g Berries, ½ tablespoon pumpkin seeds, 2 tablespoons Greek yoghurt

Savoury
- 2 Spring onions (chopped), 1 tomato (diced), 2 tablespoon cheddar cheese
- 20g Spinach (washed & gently cooked), ½ small onion (diced & lightly fried), ½ red pepper diced, 1 tablespoon cream cheese

How will this recipe boost my performance?

Spinach contains Manganese which is important for proper metabolism of food. Pumpkin seeds contain Copper which supports the nervous system.

METHOD

1. Tip the flour into a bowl, add the seeds and mix. Make a well in the centre and set aside.
2. Beat the eggs, honey and milk in a jug. Pour into the flour and beat with a whisk to combine fully. The batter should be thick.
3. Heat a non-stick pan with ½ tablespoon of olive oil.
4. Using a tablespoon, add a spoon of batter to the pan (1 spoon for each pancake).
5. Wait until the top of the pancake begins to bubble, then using an egg turner, turn it over and cook until both sides are golden brown and the pancake has risen to about 1cm thick.
6. Repeat until all the batter is used up, using the remaining oil if necessary.
7. Serve with sweet or savoury toppings as suggested above.

***FLOURLESS PANCAKES:**

Flourless pancakes: 1 medium ripe banana (mashed), 2 eggs. Mash the banana. Then mix the eggs and banana together in a bowl with a fork until combined. Continue to step 3 of the recipe above.

HAM AND PINEAPPLE PIZZA

TIME 40 minutes | SERVES 4-6 people

Ingredients
2 large pizza bases
1 clove garlic
1 small onion
1tblsp unsaturated oil
1 large can tomatoes
1 teasp mixed herbs
Ground pepper
4 slices cold ham
1 small can pineapple rings (in fruit juice)
90g (3oz) mature cheddar cheese

Method
Place pizza bases on a baking tray.

Crush garlic and chop onion finely.

Heat oil in a small saucepan and cook the garlic and onion till soft. Do not allow to burn.

Drain the tomatoes but keep the liquid. Place the tomatoes in a shallow dish and mash well with a fork.

Add the tomatoes, mixed herbs and pepper to the softened garlic and onion.

Stir well and cook for about 10 minutes, adding some of the tomato liquid if the sauce starts to dry up but do not let it become too runny.

Cut the ham into strips, drain the pineapple (keeping the juice) and cut into bite sized pieces. Grate the cheese.

Spread the sauce over the pizza bases and cover with the grated cheese. Add the strips of ham and dot with pineapple pieces.

Bake for 10 – 15 minutes at 180°C (gas mark 4) till the cheese is melted and golden.

Cut into quarters and serve with salad.

MONEY SAVING TIP

Buy extra pizza bases when on special offer and put them in the freezer. Follow any freezing and defrosting instructions on packaging.

FAMILY CURRY

TIME 60 minutes | SERVES 4-6 people

Ingredients
3 large chicken fillets
2 medium onions
2 cloves garlic
1 orange or yellow pepper
1 tbsp unsaturated oil
2 tbsp ground coriander
4 teasp curry powder or curry paste
1 heaped tblsp plain flour
1 large can chopped tomatoes
1 chicken stock cube
1 cup frozen sweet corn
1 cup frozen peas
Black pepper
300g (10oz) brown or white rice

Variations
To make with beef: replace chicken with 450g (1lb) lean braising steak. Prepare as above but using beef stock cube. Simmer the curry for at least 45 minutes to thoroughly cook the steak.

Method
Cut the chicken into chunks. Peel and chop the onions; peel and crush the garlic; deseed and chop the pepper.

Heat the oil in a large saucepan and add the chicken pieces. Cook till golden brown on all sides.

Add the onions and cook till brown at the edges.

Add the garlic, coriander, curry powder and plain flour and cook for one minute, stirring well so as to prevent the garlic from burning. If using curry paste, add this after the garlic and coriander have cooked for a minute.

Open the canned tomatoes and then dissolve the stock cube in 450ml boiling water. Add tomatoes and stock to the chicken mixture, stirring well.

Season with black pepper and then bring to boil. Turn down the heat and simmer for 15 - 20 minutes.

Bring water to boil in a large saucepan. Place the rice in a sieve and rinse under cold water. Then add the rice to the saucepan and simmer till cooked. Drain.

Check the chicken is cooked and then add the frozen sweet corn and peas. Cook for a further 5 - 10 minutes. Serve with the plain boiled rice.

MONEY SAVING TIP

Replace chicken fillet with 1-2 skinned chicken thighs per person. Chicken thighs are less costly than chicken fillets but very succulent and flavoursome. Removing the skin reduces saturated fat.