

Feeding everyone at the table

Simple meals that work for different needs

Food is more than what is on the plate. It is about health, connection, culture and community.

Feeding a household isn't always straightforward. Different needs, appetites, and routines can make it challenging — this guide is about keeping things simple, flexible, and realistic.

Food isn't just about filling plates.

It's about:

- Making sure everyone eats well
- Adapting meals for different needs
- Keeping things simple and affordable

Sometimes that means: One base meal, different options from it

Pumpkin Soup + Homemade Bread

Comforting, low-cost, and stretches far

Why it works

- Very low cost
- Soft, easy to eat
- Freezes well

Simple ingredients

- Pumpkin
- Carrot, potato, onion
- Stock (from vegetable peeling scraps if possible)

Basic bread

- Flour, water, yeast (or simple damper style)

Make a big pot + loaf = multiple meals

Feeding adults too (not just children)

Simple swaps using the same kitchen

Example:

- Kids - pasta bake
- Adult - eggs on toast

Same kitchen, different needs met

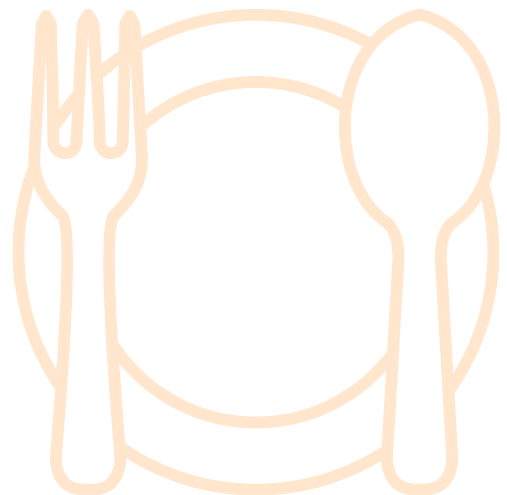
Why this matters

Sometimes:

- Parents are exhausted
- Someone is eating alone
- Someone needs something lighter

This is:

- Quick
- Nutritious
- Affordable
- Flexible



Savoury Toast (Freezer-Friendly)

Perfect for quick lunches

How it works

- Use bread as a base
- Add veg + cheese + leftovers
- Bake or toast

Ideas

- Tomato + cheese + herbs
- Leftover veg + cheese
- Beans + grated veg

Make a batch, freeze, then reheat as needed

Toasted Sandwiches for Lunches

- Cheap
- Filling
- Easy to customise

Filling suggestions

- Cheese
- Cheese + tomato
- Baked beans
- Leftover veg
- Egg and bacon
- Ham or other deli meats

Great for:

- Kids lunches
- Quick work meals

If you find you have leftover bread that isn't suitable for fresh eating, make these into toasties for the freezer.

Feeding everyone doesn't always look the same.

Some nights are simple, repetitive, or pieced together and that is okay.

There is no shame in making food go further.

This knowledge has:

- Fed families
- Supported communities
- Carried generations through tough times

Food resilience isn't something to hide, it is something to reclaim.

Cauliflower and Broccoli Pasta Bake

Use the whole vegetable

How to stretch it

Use:

- Cauliflower (including stems)
- Broccoli (stems + florets)
- Pasta
- Simple white or cheese sauce
- Cheese topping (optional)

This works because:

- Feeds many
- Freezes well

Frittata / Quiche / Pie

Use leftovers like:

- Casseroles
- Roast vegetables
- Cooked meat

Turn into:

- Frittata (add eggs)
- Quiche (add pastry if you have it)
- Pie (top with mash or pastry)

