

# 12 TIPS TO EAT WELL FOR LESS

## WRITE A SHOPPING LIST

DRAW UP A WEEKLY MEAL PLAN USING UP INGREDIENTS YOU ALREADY HAVE AND MAKE A SHOPPING LIST OF ANY MISSING ITEMS. TRY NOT TO SHOP WHEN HUNGRY. PEOPLE WHO SHOP WHEN HUNGRY ARE MORE LIKELY TO SPEND MORE, ESPECIALLY ON LESS HEALTHY FOODS, SUCH AS HIGH-FAT AND SUGARY SNACKS.

## WASTE NOTHING

THE AVERAGE FAMILY WITH CHILDREN THROWS AWAY ALMOST £60 OF GOOD FOOD EVERY MONTH. BE STRICT ABOUT BUYING ONLY WHAT YOU'LL ACTUALLY EAT. PLAN YOUR MEALS SO ALL THE INGREDIENTS ON YOUR LIST GET USED. FREEZE ANY UNUSED FOOD. FOOD STORAGE BAGS AND BOXES WILL COME IN HANDY.

## EAT LEFTOVERS FOR LUNCH

COOK EXTRA PORTIONS FOR YOUR EVENING MEAL SO YOU CAN HAVE THE LEFTOVERS FOR LUNCH THE NEXT DAY. ANY LEFTOVERS CAN BE FROZEN FOR ANOTHER DAY. EVENTUALLY, YOU'LL HAVE A FREEZER FULL OF HOMEMADE READY MEALS ON TAP.

## BUY FROZEN

FROZEN FRUIT AND VEGETABLES ARE UNDERRATED. THEY COME PRE-CHOPPED AND READY TO USE, ARE JUST AS GOOD FOR YOU (TRY TO AVOID THOSE WITH ADDED SALT, SUGAR OR FAT), AND ARE OFTEN CHEAPER THAN FRESH VARIETIES. FROZEN VEGETABLES ARE PICKED AT THE PEAK OF FRESHNESS AND THEN FROZEN TO SEAL IN THEIR NUTRIENTS.

## TRY CHEAPER BRANDS

YOU COULD SAVE MONEY BY BUYING CHEAPER BRANDS THAN YOU NORMALLY DO. THERE'S NOT ALWAYS MUCH DIFFERENCE BETWEEN VALUE AND PREMIUM RANGES. GIVE IT A GO AND LET YOUR TASTE BUDS BE THE JUDGE, NOT THE SHINY LABEL.

## FREEZE LEFTOVER BREAD

BREAD IS ONE OF THE MOST WASTED HOUSEHOLD FOODS. REDUCE WASTE BY FREEZING BREAD, PREFERABLY IN PORTIONS (FOR CONVENIENCE) AND WHEN IT'S AT ITS FRESHEST (FOR TASTE). STORE BREAD IN AN AIRTIGHT CONTAINER (SUCH AS A FREEZER BAG) TO AVOID FREEZER BURN.

## EAT MORE VEG

MEAT AND FISH ARE TYPICALLY THE MOST EXPENSIVE FOOD INGREDIENTS ON A SHOPPING LIST. HOW ABOUT ADDING VEGETABLES TO MEAT DISHES LIKE CASSEROLES TO MAKE YOUR MEALS GO FURTHER? OR TRY A FEW VEGETARIAN MEALS DURING THE WEEK TO KEEP COSTS DOWN.

## COOK WITH PULSES

PULSES, SUCH AS BEANS, LENTILS AND PEAS, ARE SOME OF THE CHEAPEST FOODS ON THE SUPERMARKET SHELF. THESE PULSES ARE LOW IN CALORIES AND FAT BUT PACKED WITH FIBRE, VITAMINS AND MINERALS, AND ALSO COUNT TOWARDS YOUR 5 A DAY. USE THEM IN DISHES TO REPLACE SOME OF THE CHICKEN OR MEAT, SUCH AS A CHILLI CON CARNE WITH KIDNEY BEANS OR A CHICKEN CURRY WITH CHICKPEAS.

## BUY CHICKEN WHOLE

THE CHEAPEST WAY TO BUY CHICKEN IS TO BUY A WHOLE CHICKEN. FROM A WHOLE CHICKEN, YOU'LL GET 2 BREASTS, 2 THIGHS, DRUMSTICKS AND WINGS, PLUS A CARCASS FOR MAKING STOCK. CONSIDER USING THE DELI COUNTER FOR CHEESE AND CURED MEATS. YOU CAN GET EXACT AMOUNTS, WHICH IS CHEAPER AND LESS WASTEFUL.

## COMPARE PRE-PACKED WITH LOOSE

FRUIT AND VEGETABLES SOMETIMES COST MORE PRE-PACKED THAN LOOSE. CHECK THE PRICE PER WEIGHT (FOR EXAMPLE, £/KG). STORES KNOW THAT CONSUMERS WANT TO BUY IN BULK, SO THEY MIX IT UP: SOMETIMES THE PACKED PRODUCE IS CHEAPER, SOMETIMES IT'S MORE EXPENSIVE.

## CUT DOWN ON LUXURIES

IF YOUR REGULAR SHOPPING BASKET TENDS TO INCLUDE FIZZY DRINKS, CRISPS, SNACK BARS, BISCUITS AND CAKES, TRY TRIMMING DOWN ON THESE NON-ESSENTIAL ITEMS. MANY OF THESE ARE HIGH IN SUGAR AND FAT, SO YOU'LL BE DOING YOUR WAISTLINE AND YOUR BOTTOM LINE A FAVOUR. THEY CAN ALSO CONTAIN A LOT OF SALT. THINK ABOUT CHEAPER AND HEALTHIER ALTERNATIVES, SUCH AS SPARKLING WATER AND FRUIT JUICE INSTEAD OF COLA, OR FRUIT AND PLAIN YOGHURT.

## SHOP ONLINE

SEARCH FOR SUPERMARKET PRICE COMPARISONS THAT LET YOU SELECT A BASKET OF PRODUCTS AND THEN CHOOSE THE CHEAPEST SUPPLIER. THE PRICE DIFFERENCES CAN BE SIGNIFICANT. UNLIKE GOING TO THE SHOPS YOURSELF, YOU'LL KNOW HOW MUCH YOU HAVE SPENT BEFORE GOING TO THE TILL, WHICH CAN MAKE IT EASIER TO STAY WITHIN BUDGET.