

Saving money on food

Planning and preparation:

Make a meal plan for the week

Check your cupboards and fridge before you go shopping

Write a shopping list

Make sure you aren't hungry when you go shopping!

Look for vouchers, sales and special offers. Use websites like this to compare prices across supermarkets:

<https://mysupermarketcompare.co.uk/>

Changing habits:

Check the reduced section first. You might find the items on your list in there, and then you don't have to get the full priced item (or need to put it back).

Try different brands: We know own brand items are cheaper than famous brands, but many supermarkets have two or three different levels of price/quality on the same item. A recent survey found that sometimes two items with the same nutritional information on the label, can have different packaging and prices! Experiment with different brands/price points to find the cheapest one that you like.

Reduce your meat consumption: go vegetarian a couple of days a week or bulk up your meat dishes with pulses to make them go further. Tinned chickpeas, butter beans etc. are full of protein but are really cheap. Avoid meat substitutes as they are often as costly as meat and can be highly processed.

Switch to frozen vegetables: Veg can often be expensive especially as supermarkets fly in out of season items from other countries. Frozen veg has the same nutrients as fresh veg and you don't have to worry about it going off!

Bulk buy: save money by buying larger quantities of store-cupboard classics and ingredients you use a lot of. 1kg of rice is better value than 250g, a 4 pack of baked beans is cheaper than 4 individual tins.

Cooking from scratch: ready meals and takeaway food is expensive, so make it yourself.

<https://skintdad.co.uk/food/takeaway-recipes/>

Batch cooking: save time and energy by cooking large batches of your favourite meals. A slow cooker is a good investment. Freeze the extra food in individual portions that you can reheat in the microwave. Or cook meals that you can eat cold the next day.

<https://www.bbcgoodfood.com/recipes/collection/batch-cooking-recipes>

Use up left overs: the floppy veg at the back of the fridge can be turned into soup, stew or used in a risotto.