



Eating on a Budget

✓ Plan ahead

Write up a meal plan for the week ahead. This will give you focus and a goal when you go shopping, buying no unnecessarys.



✓ Bulk buy, bulk cook

If possible buy in bulk, cook in bulk and freeze the meals you won't eat straight away.



✓ Buy dry

If you can't buy pasta, buy lentils, beans, rice etc. Cheap, nutritious and really filling.

✓ Write a list

Use your meal plan to create a shopping list. This way you will reduce the food waste.

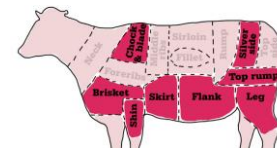


✓ Raid your cupboards

Ever looked in the darkest depths of your cupboards and freezer? If not maybe it is time to use what you already have in the house.

✓ Cheaper cuts

Instead of chicken breasts, buy a whole chicken. Buy slow cook cuts like braising steak or shin, seriously tasty and much cheaper.



✓ Buy frozen

Frozen can often be as nutritious if not more so. It is also cheaper, easier to portion and lasts longer.

✓ ...and freeze food



Did you know you can freeze cooked food for up to 4 months and raw food for a year...now you do.

✓ Happy hour shopping

All shops discount at various times. Don't be afraid to go hunting out the yellow sticker bargains.

