

Top Money Saving Tips for your Food Shop



We're all feeling the rising cost of living recently. So here are our top tips for saving money on your food shop:

Shopping lists

Planning your meals and sticking to a shopping list, can prevent unwanted and often expensive items sneaking their way into your shopping trolley.

Check the cupboards

Check what food you have already got in the cupboards, fridge and freezer. Try and utilise ingredients that you have already got to prevent potential food wastage.

Scan as you go

Can you scan as you go in your supermarket? This can be useful as it saves time, and you can keep an eye on the total cost to help stick to your budget.

Weekly Planning

Plan your meals for the week and try and buy all that is needed in one shop. This prevents small top up shops which can easily overspending.

Fake-aways

Creating our favourite takeaways at home can save money and is almost always cheaper.

Tinned and Frozen

Tinned and frozen versions of fruit and vegetables are just as good as fresh, are often cheaper and have a much longer shelf life.



Seasonal Produce

Plan meals around seasonal produce as these tend to be at their cheapest and are most readily available.



Scan the QR code to find out more about seasonal produce.

Plan for Leftovers

If you are batch cooking a large recipe you will most certainly sometimes have leftovers. Please see previous page to learn about how ways to use these leftovers for other meals.

Bottom Shelves

Supermarkets are clever about where they put the products on the shelf. The most expensive and popular products tend to be at eye level so you notice them. Take a look at the bottom of the shelf for supermarkets own unbranded products, they are cheaper and just as good quality.

Special Offers

Beware! Special offers can save us money, however often they persuade us to buy more than we need which often gets wasted and sometimes items we weren't even planning on buying. This can really raise the cost so think twice before buying special offers.

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Extras and treats

We all enjoy the occasional treat but do you really need them? It's a good idea to budget a few extra pounds for weekly treats if you know you are going to add some and then keep to the budget.

Check for use-by dates

Checking the use-by dates on your food is a good way of helping you plan how best to use them. Make sure you plan to use them within their shelf life and if you can, look towards the back of the shelves for items with dates further away so that they last longer at home.

Check small local businesses

Lots of smaller, local businesses offer items at reduced costs, especially fresh fruit and vegetables and dried goods purchased from refill shops.

Use up squishy vegetables

Fresh vegetables can easily be turned into stocks and soups. Wilting salad leaves can be blended into a pesto recipe. And vegetable ends and peels can be boiled into a stock.



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