

# Eating well Saving money

Things are different for all of us at the moment, not all of us are able to get out and buy our own groceries, we may have to rely on other people. It helps to have a shopping list ready if someone else is offering to get the shopping for us.

Reducing the cost of your shopping bill can be done with a little planning.

## **Have a go at writing a meal plan for the week.**

Easiest way is to write a list of your favourite meals, use this list to plan a week's meals.

Check your fridge, freezer and food cupboards to find foods that you could use first.

## **Make a shopping list**

Write out the list using your meal planner; keep a list on your fridge so that you can add foods when you have run out of them.

Don't forget to check again what you have in your cupboard, fridge and freezer before you leave for the shops.

## **Basic food essentials**

It is also useful to have a basic store of foods in to make meals or in case you are unable to go out shopping. 'Stock Up' by putting an extra item on your shopping list each week.

Some ideas that may help:

- Small tins of meat & fish, *stewed meat, chicken in white sauce, ham, sardines, tuna*
- Tins of vegetables, *potatoes, peas, beans, tomatoes etc*
- Rice, pasta and couscous

- Tinned milk puddings
- Dried or UHT long-life milk
- Crackers
- Tinned fruit in natural juice
- Long life fruit juices
- Tea and coffee
- Dried fruit, raisins, apricots etc
- Breakfast cereals, oats
- Herbs and spices
- Flour

These all keep well in your food cupboards, but don't forget to check the Best before dates.

## **Freezer**

Your freezer can be useful for storing milk and bread. Frozen vegetables and fruit are a great way to get your 5 A Day and are often a cheaper option than fresh, they are as nutritious as fresh also a great way to reduce food waste as you only need to defrost what you need.

## **Store cupboard and freezer meal ideas,**

Ideas to make quick and tasty meals with the minimum of preparation and cooking!!

\*\*Tinned stewed steak, tinned potatoes, frozen vegetables and frozen Yorkshire puddings.

**Jacket potato** if you can't get fresh potatoes you can buy frozen plain jacket potatoes that take less than 8 minutes to cook in the microwave, they are good as a standby.

**Toppings,** Baked beans and cheese, Chicken in white sauce, Tuna and mayonnaise.

Use the recipes to batch cook some meals to put in your freezer for later in the week.

Choose frozen vegetables to add to stews or serve with meals. Often more economical than fresh as you can just use what you need from the freezer and just as nutritional.

Remember you can freeze foods right up to the use by date, don't forget to defrost them in the fridge overnight and cook the next day.