

Shop smart, cook smart, eat smart

Tips to help you save money on food

Plan meals

Planning ahead can make you less likely to be tempted into buying unnecessary items, can help you cut down on waste and save money.

You could make a list of the foods you have at home, whether in the cupboard, fridge or freezer, so you can use them in your meal planning.



Special offers

Look for special offers on long shelf-life products like dried pasta, rice, noodles, dried or canned beans and pulses, canned tomatoes, and cereals.

You may also find foods reduced in the supermarket later in the day and these may be great for your freezer.



What about fish?

- Canned oily fish in oil or water such as sardines and salmon is normally cheaper than fresh, is easy to prepare and has a long shelf-life. Canned oily fish is high in omega-3 fats, which can help to keep the heart healthy and is a source of vitamin D, an important nutrient for our bones and muscles.
- Frozen fish is also good value and can be used in a range of dishes including fish pie.
- Look out for special offers on fresh fish and freeze any that you are not going to use straight away.



Smarten up your choices

- Try supermarket own brand or value brand products. These will normally be cheaper than branded products. If you like particular branded products, stock up on these when they are on offer if you have the space.
- Look at the local sellers in your area like butchers, markets and fishmongers, where you may find some foods cheaper.
- Specialist diverse food shops like Asian stores can have spices and chillies at a good value. Check the supermarket world food aisle as you may find some items cheaper here.



Canned and frozen fruit and veg

- Frozen vegetables tend to be cheaper than fresh. Freezing preserves nutrients so that some frozen vegetables can even give you more of certain nutrients than fresh versions. Using frozen fruit and vegetables can also help you use the exact amount you want, when you want it giving you more time to use it and stop it going to waste.
- Canned fruit and vegetables are also good choices. Choose fruit and vegetables canned in fruit juice or water.



Find out more about how to make your money go further and eat nutritious food at [nutrition.org.uk](https://www.nutrition.org.uk)

Cook smart

Changes you can make to use less energy when cooking include

- cooking in bulk
- defrosting your fridge and freezer
- keeping the lid on pots when boiling food
- cooking several dishes at once if you do use the oven



Is it really good value?

Compare the prices of foods in different pack sizes by looking at the cost per 100g or 100ml on the shelf label.

But be careful as sometimes the shelf label may not be updated to reflect special offers or promotions and sometimes different measurement units are used.



Food can go further

- Add beans, chickpeas, lentils and vegetables to dishes with meat like curries or pasta sauces.
- A whole chicken can be good value, especially if you use it for more than one meal (leftovers can be used in sandwiches, curries, pasta and risotto).
- Frozen meat tends to be cheaper if you have the storage freezer space. The government advises us to keep the amount of red and processed meat you eat to no more than 500g (cooked weight) per week as eating a lot of these can increase your risk of bowel cancer.

