

Save money on food

Food prices have risen which can mean eating healthier is more challenging!



Try these tips to help make your money go further when shopping and cooking AND have a healthier shopping basket!

Did you know...



Look for special offers...

on long shelf-life products like dried pasta, rice, noodles, dried or canned beans, pulses and canned vegetables, and cereals, that can be kept in the cupboard for when you need them.

Canned oily fish is high in omega-3 fats, which can help keep your heart healthy. It also contains vitamin D - important for our bones and muscles.

We should all aim to eat at least 2 portions of sustainable fish per week, including 1 of oily fish.

Try own brands...

or value brands in supermarkets for items like bread, cereals, fresh and canned fruit and vegetables as these are normally cheaper than branded products, and can be just as tasty.

Buying long shelf-life products in bulk like big bags of pasta, rice, nuts, seeds, dried fruit or flour can be cheaper in the long run – and can also mean less packaging so it's kinder to the planet.

Choose canned fish...

like tuna, sardines or salmon in oil or water. It's normally cheaper than buying fresh fish, easy to prepare and has a long shelf-life.

Eating out can be expensive. If restaurants serve big portions why not share a dish with family or friends to help keep costs down. This can also help you have smaller portions so you're not eating more than you need.

Cook smart...

to help reduce energy costs. Cooking in bulk, keeping the lid on pots when boiling food, using the microwave instead of the oven, and cooking several dishes at once if you use the oven, can all help cut costs.

If you have any surplus food then local foodbanks or community kitchens may take donations – check their donation lists to see what items they may need – sharing is caring!

