



Practical Tips

Write a shopping list – Draw up a weekly plan of meals. Try not to shop when you are hungry, you are more likely to spend more especially on less healthy foods such as high fat, sugary snacks.

Waste nothing - The average family throws away almost £60 of good food away every month. Be strict only buy what you will actually eat and freeze any unused food.

Eat leftovers Lunch – Cook extra portions of your evening meals so you can have leftovers for lunch the next day. Any leftovers can be frozen.

Buy Frozen – Frozen fruit and vegetables are under rated. These come ready to use and are just as good for you and are cheaper than the fresh varieties.

Try Cheaper Brands - You can save money buying cheaper brands. There's not always much difference between value and premium ranges. Give it a go and let your taste buds be the judge and not the shiny label.

Cook with Pulses – Pulses such as beans, lentils and peas are some of the cheapest foods on the supermarket shelf. They are low in calories and fat but are full of fibre, vitamins & minerals and protein. Pulses can be used to replace some of the meat and chicken in dishes making them a more affordable option.



Know your Kitchen - Know what's in your kitchen cupboard, fridge and freezer. Plan weekly meals to include ingredients you have already got in and avoid buying items you already have.

Buy Cheaper Cuts - If you are prepared to take a little more extra time with your cooking, buying cheaper cuts of meat is a great way to save money. Choose a cheaper cut of meat, such as braising steak, shin or shoulder. Slow cooking gradually breaks down the fibres in cheaper cuts, giving great taste at a lower cost

Cooking from Scratch – Save money by cutting back on take-a-ways. Prepare and cook your own meals is generally cheaper than buying a take-a-way or a ready meal and because it's easier to control what goes into your dish, it can be healthier too.

Beware of BOGOF Offers - Special discounts, such as buy one get one free deals be good value but be careful. Only buy items that you actually need or are likely to keep and use. Tinned or frozen fruit and veg, rice and pasta are good examples. Mark downs on perishable foods at the end of the day are another good way of saving money. Just make sure the item gets used before the use by date – or place in the freezer.

Toddlers eat the same - If you have a toddler, get them used to eating the same meals as you instead of relying on costly pre-prepared toddler food. Simply blend or chop up their portion to suit their age and freeze extra child-sized portions for later. Make sure not to add any salt to their portions, and be careful with spicy food.

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