

## Budgeting



**Managing a small food budget can be quite a challenge, especially with food prices rising significantly over the last few months. Here are a few hints that may help you manage to get your weekly shop within budget.**

- Make a list – you could make a weekly meal plan & use that to help you make your list.
- Keep in a few useful / basic food items that you can use to make a number of different dishes i.e. tin of tomatoes, tin of chick peas, stock cubes. Stock up on these items when they are on special.
- Check for special offers of food items that you **need**
- Shop with a friend or neighbour and split the **buy one get one free** offers
- Eat foods that are in season as they are nearly always cheaper
- If you want to eat foods that are out of season buy tinned or frozen as they are often cheaper than fresh. **(Check first)**
- Compare prices of fruit & veg + seasonings with local grocers. This could apply to other types of food on your list
- If you buy your meat at the supermarket i.e. pack of chicken – split the pack when you get home and freeze the pieces you are not going to use that day. **OR** you could buy individual pieces of meat from your local butchers. Ask your butcher if he / she have any cheap off cuts.
- Local markets often sell food items off cheaper late Saturday afternoon. If you want to buy meat to freeze check that it hasn't already been frozen and then defrosted before sale.
- If you are always tempted to buy more than you need you could always shop on line (libraries have access to computers / the web etc.) There is usually a minimum of £25 per order to get free delivery. If not it is usually about £5 for delivery.
- Don't go shopping when you are hungry as you will be tempted to buy what you don't really need.