

Cooking on a budget

Be smart with your shopping:

- Plan ahead. Use our meal planner to help!
- Don't shop on an empty stomach
- Shop towards the end of the day- you may get some bargains!
- Compare prices of different brands

What kinds of meat are cheaper?

- Whole chicken
- Stewing beef
- Turkey is often cheaper than chicken
- Minced turkey is often cheaper and leaner than minced beef
- Poultry with the skin on is often cheaper so take the skin off yourself. Chicken on the bone often is too.

What foods should I always have in the cupboard?

- Always have dried and canned foods in, you could try tinned tuna, beans, tinned tomatoes and pasta.
- You could also try lentils or kidney beans, which will really bulk out a meal as well as filling you up! You'll be surprised how far the meal will go!

Waste not, want not

- Keep any leftovers for the next day, just make sure you leave to cool, cover and store in the fridge.
- You can freeze leftovers, but defrost before you use them and heat them up until the whole meal is hot through.

For more information contact Feel Good Factor on 0113 350 4200.

Or if you have internet access you could try <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> for more cooking on a budget tips.