



Cheap Eats

Money available to spend on food is often labelled "flexi money" as the funds can vary with different money demands such as bills, amenities and general cost of living. Below are some simple tips to help your food money go further!

- **PLAN AHEAD**

Make a list prior to shopping to stop any impulsive buying whilst travelling round the supermarket.

- **Shop around**

Try to vary shopping habits as different shops have different products offers

- **Be offer careful**

Some offers are not what they seem, be careful of buy 2 get one free. Do you really need these? Also some price reductions can be on smaller sized products.

- **Know your supermarket**

Look around at your supermarket often the best deals are well hidden. For example purchase nuts and raisins on the baking aisle instead of the fruit and vegetable aisle the quantities are smaller and often cheaper.

- **Buy value**

Value products are great for bulking up traditional family meals such as stews, casseroles and curries.

- **Purchase staple foods on offer**

Look out for offers on pasta and rice these products