

Eat well for less - top tips!

Make smart food swaps.

Posh brands for own label brands.

Chilled for frozen.

Use your phone's calculator as you shop. You can keep a check on what you're spending.

Bulk out meals with veg and pulses. Save on meat.

Loose fruit and vegetables can be cheaper than pre-packed as you only buy what you need and you reduce waste at the same time!

Check the *lower shelves* in supermarkets for cheaper alternatives.

Check out the many apps available to help you shop.

MySupermarket app lets you know which supermarket is cheaper for different items.

Check out "*money saving expert*" on the web, save money on your shopping with free vouchers and discounts on groceries and more!

Eat well for less - more top tips!

Get back to basics - ready meals can be expensive! It can be cheaper and better for you to cook from scratch.

Check Plan Buy

Check your cupboards/fridge and freezer. Make a plan for meals for the week **and** only buy what you need!

Only buy what you need. It's not a bargain if you don't need it!

Shop with a pal. Share BOGOFs so that nothing is wasted.

One pot meals. Throwing all the ingredients into one pot saves energy, time and washing up.

Love your leftovers

Don't throw food away! If it's teamed up with something else, it could give you a tasty dish.