



## SAVING SNIPPETS & STORE CUPBOARD SNEAKIES

**Here are some tips to help you through the credit crunch:**

1. Plan your meals ahead and think about your family's weekly requirements in advance. This will minimise wastage and stop you from over catering.
2. Check your cupboard and fridge/freezer stocks and make sure you have a few basic essentials so that you can easily rustle up a meal and cut down on waste. Try labelling the shelves in the freezer and keeping a shopping list stuck to the inside of your cupboard door to help you control what you need to stock up on.

(Staples to buy: frozen vegetables – spinach, broad beans, sweetcorn and peas; cupboard essentials - tinned tomatoes, butter beans, lentils, cartons of passata, stock cubes, rice (brown, basmati, risotto etc.) pasta (various shapes), noodles and grains)

3. Don't go shopping when you feel hungry as you'll always buy more if you do!
4. Stay focussed through Internet shopping with less pressure to buy items on special offer, and secure convenient late evening delivery slots, which are often cheaper.
5. Grow your own fresh herbs from your local garden centre, or re-pot the ones sold in the supermarket and keep reusing. A packet of seeds goes a long way and many herbs and vegetables will grow in a window box, saving money on expensive fresh herb packs.