

TIPS FOR HEALTHY EATING ON A BUDGET



BUY WONKY VEG

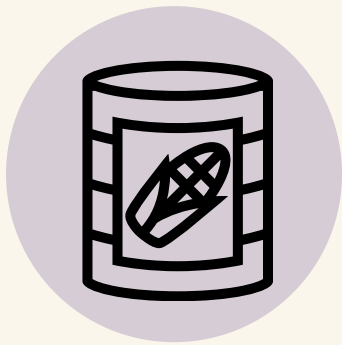
Buying wonky veg is believed to save you up to 30% off standard prices! Why spend more just for the shape, the nutritional content is the same, so save those extra pennies and look for the discounted wonky looking vegetables.

BUY THE SUPERMARKETS OWN BRANDS

Research suggests families can save up to £1200 a year if they make the switch to supermarket own brands. There is absolutely nothing wrong with the own brands in terms of nutrition. Try making a few swaps and see if you can reduce the shopping bill.



FROZEN VEG AND CANNED VEG/ PULSES AND BEANS



Frozen fruit is just as nutritious as non-frozen. It's even argued that frozen fruit is more rich in nutrients as they don't sit around on shelves. Freezing just as they are picked, preserves all the goodness. This also prevents wastage. You can take out what you need from the frozen bag and keep the rest fresh and frozen for when you need it next!

MAKE BULK MEALS AND FREEZE THEM

Making bulk meals allows you to buy one set of ingredients, cook up a big batch and freeze the meals you don't need for another time. Try doing this a couple of times and you will begin to build a variety of frozen meals you can just grab and defrost, saving time and money!



BUY FOODS AT THE END OF THE DAY



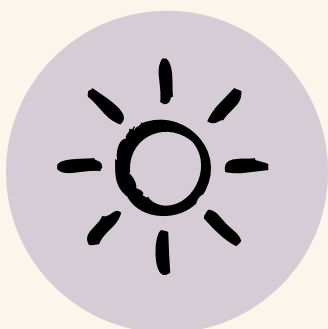
Have you ever visited the supermarkets towards the end of the day? They drop their prices on the food that won't last as long. So try shopping just before dinner, pick up some good price drops and cook it up for dinner that night!

ONLINE SHOPPING

Supermarkets cleverly arrange their food items, putting tempting offers at the end of every aisle to encourage impulse buying! Try shopping online, plan the meals you need and only buy the items on your list!



BUY LOCAL AND EAT SEASONALLY



Try buying from a local fruit and veg market, not only is it great to support your local community, the food is also super fresh and often cheaper! Also eating out of season can really increase the shopping bill so stick to what's in season in your area!