Cooking Tips and Tricks to Save you Time and Money: At the supermarket

To save money:

* **Make a list**- always make a list beforehand of what you need so you’re not tempted to buy things you don’t need.
* **Swap out fresh for frozen**- swap fresh fruit and veg for frozen, a couple great examples of this are spinach, which would otherwise go off quickly, you can buy frozen in easy portioned balls and then add it whilst cooking, and berries as they are significantly cheaper and are often more nutritious when you get around to eating them.
* **Be a member**- it’s always a good idea to take advantage of deals when you need the item, but members of supermarkets will get benefits depending on the supermarkets, often they will be tailored around what you buy most often.
* **Buy loose**- loose fruit and veg is cheaper, as you pay a premium for the packaging and convenience, plus if you’re only buying what you need you’ll reduce your food waste.
* **Cheaper cuts**- try buying the cheaper cuts of meat, for examples chicken thigh instead of breast, as an added benefit it’s often more flavorful and nutritious.
* **Shop later**- go shopping later in the day as supermarkets will mark down items like bread, fruit, and veg, this is especially useful for items you can freeze, like bread.
* **Pre-prepped premium**- it often costs more, as you’re paying a premium for the convenience, examples include grated cheese, mashed potatoes, and bagged salad, whilst also being less flavorful and nutritious.
* **Look lower**- often the most expensive and branded items are at eye level and above and the supermarkets own brands and budget brands are placed lower down, the cheaper alternatives often taste just as good and are usually even made in the same factories.
* **Explore the aisles**- check out the world food aisles, they often have cheaper options of the basics you’re buying, from brands you may not have heard of.

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To save time:

* **Keep a shopping list**- always have a shopping list at home that you can add to throughout the week, to save you time whilst shopping and money, since you’ll already know what you have and need.
* **Go online**- online shopping is a great way to save you time, as you’re not getting distracted by anything, whilst also saving you money. Most supermarkets will offer deliveries and collections so you can pick what works around your schedule.

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