

EAT WELL ON A BUDGET

TIPS TO SAVE WHILE YOU EAT SMART

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PLAN YOUR MEALS & LEFTOVERS

Before heading to the store, create a weekly menu based on what you already have at home. Choose recipes that use similar ingredients to make the most of your groceries and avoid waste. Don't forget to plan how you'll use your leftovers – turn them into a curry, soup, or stir-fry! Scan below for some simple, budget-friendly recipe ideas.



5-ingredient meals



cooking with tinned foods

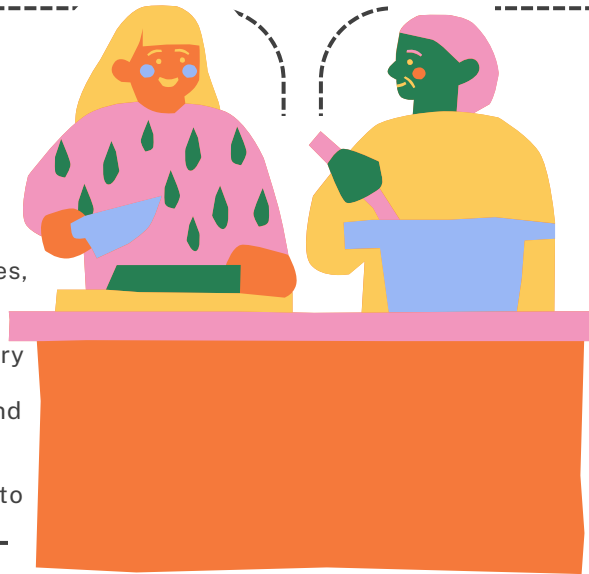
SHOP SMART

Stick to your grocery list and compare prices by weight to get the best value. Don't overlook store brands – they're often just as good as named brands but cost less. When possible, buy staples like pasta, rice, and grains in bulk to save even more. You can also stretch your meals further by adding affordable, filling ingredients like vegetables, lentils, or beans – great for both your wallet and your health.



COOK FROM SCRATCH

Cooking from scratch can be cheaper and healthier than takeout or ready meals – no fancy skills or ingredients needed. Just use a few basics like rice, pasta, tinned tomatoes, or frozen veg to make quick, filling and tasty meals. Worried about energy costs? Try one-pot dishes, microwave-friendly meals, or cook once and eat twice by saving leftovers. Start small – learning a few simple recipes can really help to build your confidence.



CHOOSE PURSE-FRIENDLY INGREDIENTS

Frozen fruit and veg are budget-friendly and convenient, plus you can use exactly how much you need – no waste. They're just as nutritious – sometimes even more so – than fresh, and they last much longer. Canned beans and lentils are also great staples that you can add into meals you would already make. They're perfect for quick, healthy meals on a budget.

MAXIMISE YOUR LEFTOVERS



Freeze leftovers or fresh food before the Use By date to extend its life, and store items in clear containers so you can easily see what needs using up. Keep an eye on Use By dates (which mean food must be eaten or frozen by then), and use what you have before buying more. Scan the QR code above to visit the Love Food Hate Waste website for more tips on reducing waste and stretching your food budget.



TAKE ADVANTAGE OF APPS & COUPONS

Use supermarket loyalty cards or apps to access discounts, digital coupons, weekly deals, and discounted fruit and veg boxes. Sign up for store newsletters for exclusive offers, and set reminders to use coupons before they expire. These simple steps can help you stretch your food budget further.

