



Be a savvy shopper

We've pulled together some basic tips that might help you save when shopping and preparing meals.

Our website also highlights help to access affordable and nutritious food through food pantries and healthy start vouchers, free sessions to build your skills and confidence online, help if you're looking for work, how to make the most of your money and your benefits, along with support to improve your health and wellbeing. See how the team can help:

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Planning and out shopping

Make a list and stick to it when you head to the shops.

Plan your meals for the week – it will help when you shop.

Check what you have in your cupboards when you meal plan and before you shop.

Keep an eye out for offers, but remember that it is only an offer if you need it.

Also check that offers give you enough of a saving such as 2 for 1/ multi buys.

Make use of money off coupons.

Bring your own shopping bags – shops are now charging (some even 30p!) for of their basic bags.

Check out the value range in supermarkets, you will be surprised how good they are.

Find out what time your local shop/ supermarket reduces food.

Buy frozen fruit and veg, there's no waste if you only use what is needed.

Back at home

Try not to waste food, many foods can be frozen if you have a freezer at home, even milk and cheese!

Make use of a slow cooker if you have one. It is a good way of getting the best out of cheaper cuts of meat by cooking them slowly.

Using a slow cooker can also help you save money on your energy bills as it costs less than using a conventional oven. Using a microwave can be an even cheaper way of cooking.

Know your dates

Many of us get confused by dates on food that can lead to waste. Below is a simple guide for dates on food:

Use by date – This is the important one, stating when it is no longer safe to eat the food items.

Best before date – States the quality of the food has started to reduce, but is still safe to eat.

Display date - This date is only for the supermarket and not for the customer. It is when the supermarket looks at removing the item from the shelf. The items are still safe to eat, but this is when shops will reduce the price.