

Where you can save money

- **On buying clothes. Go Secondhand or do a swap with your friends**

So go through your clothes as you may have items, including a scarf or a bag that you don't use but they will

- **Don't buy your health supplements from pharmacy stores.**

I found cod liver oil from Home Bargains rather than from Boots or Holland and Barrett and got more for my money

- **Buy reusable cleaning cloths and wash cloths**

The Microfiber cloths are better, flannels or sponges and reduce waste and more affordable

- **Create your own training programme**

There are plenty training by watching Youtube, books and blogs

- **Use reusable bags**

Yes I do forget so will use a rucksack, or a plastic bag but not throw away or bag for life. I put a folded bag into my handbag, unless it is a few items. Or a bag that can be recycled

- **Wash and blow dry your own hair**

Going to a salon or hairdressers can be expensive and I like washing my own hair and don't always use a hair dryer and air dry depending on what I am doing in the week

- **Make your own baby food**

Start with purees with fruits and vegetables and do baby led weaning, if they can take to it, Henry couldn't so blitzed his down, but would use already made food as a back up.

