

Tips when shopping

- If you are going to go for a deal, do your math's to see if it is worth it, depending how likely you are going to use the product and if you can get a cheaper version
- For clothes check out Charity shops or online and buy second hand
- Does the price match the quality of the product
- Look at the top and bottom shelves, supermarkets will entice you to buy premium products, which are eye level and often the shops own is just a good, but do your own research
- Check to see what you already have at home before you buy
- How many items do you actually need, if I need bread or milk I go the petrol station or newsagents and this stops me from buying other things and I pay in cash
- Buy essentials only like bread or milk, or toilet roll and kitchen towel and cleaning products, hence why I go to the petrol or newsagents or I will buy in bulk like toilet roll and kitchen towel



