



- **Have items in your food cupboard.** I love mine and having tins of curry and great back up if your oven or a cooking appliance breaks down
- **Have a freezer.** I love having a freezer and it is good back up in having vegetables and not go off and does help your food last longer.
- **Have a meal using one item from your food cupboard or freezer.** Something I do a lot and helps to reduce waste and make our shopping more cost effective and low
- **Avoid buying just food that are eye level.** Food on the middle shelves usually will be premium products and you can find on the other shelves cheaper alternative.
- **You don't need a set the plan to the book.** I do a brief note but it is not set in stone as I like variety of meals for the week and can often change my mind so I give myself ideas and keep details of what needs to be used up and like slow cooked meals, a roast or meals like hot dogs, sausage and mash and not being so fussy now, implement meals make meals we don't always have and what we know is realistic in what we know we will eat
- **Have a variety of drinks.** My son doesn't drink fizzy or fruit based drinks. He'll either have milk, hot chocolate or water. However I like fizzy drinks, coffee, tea and fruit based drinks. I always have some in case we do have people over and make sure we have ice.
- **What we use a lot we buy in bulk.** We drink tea everyday and so we always buy a family pack and it has really made a difference, in terms of saving the pennies. We buy potatoes because we use them all the time and frozen
- **Split the bill.** I will have list of what I want to buy and my husband will have a list. I will tend to buy items for breakfast and desserts and for each meal like items that can be for breakfast or lunch. My husband buys dinners and essentials and what he likes to eat.