

6 ways to spend less on food

Food is the second highest household expense after mortgage or rent. It is possible to enjoy easy, healthy food without spending too much money.

1 Plan your meals



Planning your meals will help you shop less, avoid waste and reduce the number of times you eat out or order in.

- Check what ingredients you already have in your pantry and fridge. You can use these ingredients as a base for a meal e.g. pasta, tinned beans, eggs etc.
- Plan meals for 3 days at a time and write a list of what you need.
- Use ideas from the Home Eats recipes to help you plan.

2 Eat out and order in less



Ordering in food can be expensive.

- Plan how many times you want to order in for the week – try to only order in when you are busy or tired.
- Use the Home Eats recipes to make some quick and delicious meals.

3 Eat or use your leftovers



Eating or using leftover food is a great way to save money and avoid waste.

- Turn leftovers into new meals - e.g. use cooked vegetables in a frittata, or grate raw vegetables into fritters.
- Leftovers can be kept in the fridge for 2 days.
- If you have a freezer you can freeze leftovers.
- Have a big cook up when you have time and freeze into separate containers.

4 Keep a grocery list



Grocery lists can help you save money so you only buy what you need and not spend money on things you don't need.

- Write down items that you need just before you run out.
- Remember to take your grocery list (and reusable shopping bags).
- Plan to go to the shops less often e.g. once or twice a week.

5 Buy products on sale



Keep an eye out for sale items and if you have the space bulk buy deals to save you money.

- Be cautious bulk buying perishable goods (e.g. fresh fruit and vegetables, dairy).
- Check weekly catalogues for specials (these can be found online or instore).
- Keep an eye out for specials on more expensive items like olive oil – usually there's one brand that will be half price.

6 Eat less meat



Meat is expensive. Try cutting down on meat gradually week-to-week by:

- Having regular meat-free meals.
- Eating smaller portions of meat.
- Bulking up dishes with beans, lentils or whole grains.
- Check out the recipe for Cauliflower Steak.

Budget-friendly recipes

Most websites will have a 'budget-friendly' recipe folder. A few good websites to try include:

- Taste
- BBC GoodFood
- Supermarket websites