

# Budget tips



**Here is a list of tips that will help you make your food budget go further.**

- Keep basic ingredients in your cupboards. Refer to the pantry staples list that you received last week. When you have money, purchase ingredients to keep these items topped up.
- Cook extra in the evening meal so you can use the leftovers for a quick meal the following night or for lunch.
- Cook double the amount then freeze what is left over in meal size portions.
- Shop at the local markets late for discounted fruit, vegetable and meat bargains.
- Buy in bulk (it's usually cheaper) and freeze in smaller portion sizes to use as required.
- Use cheaper cuts of meat for curries and casseroles for long slow cooking, and then add extra vegetables and beans to make the meal go further.
- One-pot dishes where you throw everything in together saves energy, time, money and washing-up. Watch out for supermarket specials of staples (rice, pasta, pasta sauces, bread and tinned vegetables) and stock up on them when cheap.
- Bread can be frozen for at least two months, and items such as pasta and rice have a long shelf life.
- Limit takeaway foods; they are expensive, high in fat and leave you hungry again in a few hours.