

Can You Lower Your Weekly Grocery Bill?



We all know how much the weekly supermarket shop has gone up.
Here are some tips that might help to lower your bill.

Step 1



Start with a meal plan for each week - so that you know what you're having each day. It's good to bulk cook some meals so that you can have leftovers for lunch (see our sample meal plan on the next page).
Try having a few meat free days if you can. Bulk out meals with pulses (lentils, chickpeas, baked beans), vegetables and pasta.

Step 2



Always shop with a list so that you only buy the things you need.
Never shop on an empty stomach either - if you're hungry you will be tempted to buy items that are not on your list.

Step 3



Think yellow stickers! Find out what time your supermarket reduces its fresh items. It can vary from store to store - so make sure you ask and be first to bag a bargain.

Step 4



Try swapping branded products for supermarket own-brand or 'value ranges (like Asda Just Essentials or Tesco Stockwell & Co). This can cut bills by roughly **30%**.
For example, Heinz tomato ketchup is around £3 - store ketchup is less than £1!!



Step 5



Use cheaper cuts of meat - eg use chicken legs, beef brisket or pork shoulder. You might need to cook them more slowly to make sure they are tender. BBC Food has lots of recipes for cheaper cuts of meat.

Step 6



Have you shopped at the **Best Before Cafe**? Letchworth's very own food rescue shop. Buy a bag of groceries, fruit and vegetables for just £3! Open Tues, Weds and Friday from 11.30 - 1.30, Tues eve from 4.45 - 5.30. The shop becomes a cafe on Thursdays from 11.30 where you can buy delicious home cooked food to either eat in or take away!

Step 7



Using tinned or frozen vegetables, fruit and fish is often is often cheaper than buying fresh. Plus there's no waste as you can use what you need and save the rest for next time. Buying in bulk can work out cheaper eg pasta, cereal, cleaning products. Just check and compare the unit cost first.

Step 8



Try using an app like Trolley to compare over 10,000 supermarket prices on every day groceries.