

The simplest way

... to reduce your shopping bill.

Healthy eating doesn't have to be expensive. Here are our top tips to cut the cost of your shopping bill.



- 1. Write a shopping list -**
Buy only what you really NEED, not WANT.
- 2. Look beyond eye level on the shelves -**
companies pay valuable money to stock their goods at your eye-height, try looking up or down for cheaper options.
- 3. Meat is more expensive per kilogram than vegetables or fruit -** try changing your recipes to use less meat and more veg.
- 4. Avoid buying pre-made meals -** cooking meals from scratch is usually cheaper than buying ready meals. Cook in bulk and freeze portions for quick easy meals in the future.
- 5. Buy fruit and veg that's in season**