



eating



well



on a



FREEZE

budget



Brighton & Hove

FOOD
Partnership

bhfood.org.uk

Top tips to make your money go further

1 Cook from scratch

Cooking from scratch nearly always saves money. We have lots of ideas for budget bites on our website.



3 Choose your times

Don't go shopping when you are hungry and try to leave the kids at home!

4 Plan your weekly shop

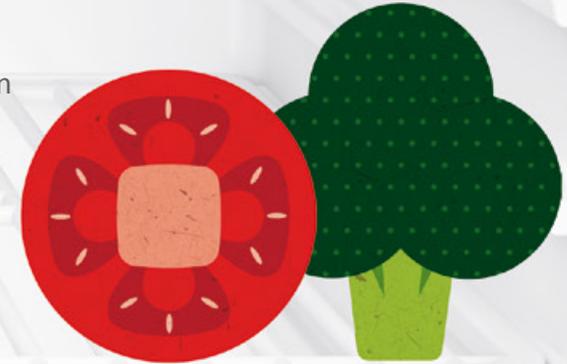
Plan some recipes for the week based on what you already have in your cupboards. Then work out a shopping list – so you only buy what you need.

7 Choose cheaper alternatives

Replace snacks with fruit. A banana or an apple can be half the price of a chocolate bar. The savings add up and so do the health benefits. Supermarkets often stock 'value' versions. But check labels for saturated fat, sugars and salt and choose value ingredients over ready meals.

9 Eat less meat

Dried beans or pulses cost less than meat and will help you cut down on saturated fat.



2 Shop around

Try using the local greengrocer or market. They may work out cheaper, and will often sell in small quantities so you can buy just what you need. Or shop online – regular items are saved in a list, so you can save time and avoid temptation.



5 Don't waste food

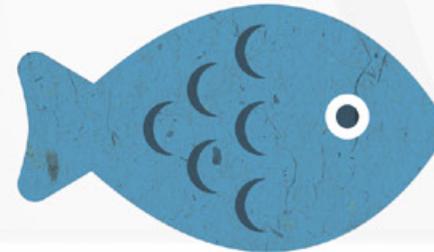
Freeze leftover portions and use up ingredients instead of throwing them out – stale bread can be used for fish cakes, treacle tart, eggy bread and even soup.

6 Eat seasonally

Seasonal food is often cheaper because suppliers save money on transport and energy costs. It's much tastier too.

8 Shop smart

Frozen or tinned fruit and veg are as nutritious as fresh but usually cheaper and longer lasting. Tinned oily fish like sardines and salmon still contain heart-friendly omega-3 fatty acids.



10 Be smart with your discounts

Supermarkets reduce prices on products close to their sell by date and websites such as www.approvedfood.co.uk offer deals on food past its 'best before' but not its 'use by' date. But be sure that you'll eat everything – there's no cost saving from food that gets thrown away.

Brighton & Hove Food Partnership

For more information visit bhfood.org.uk

Further support

If you or anyone you know needs help to buy food, the following organisations and services may be able to help:

- Seek money advice from one of the many advice agencies in the city such as MACS tel 01273 664040 – they can also refer you to the nearest food bank in an emergency.
- Apply through your GP or online for a Healthy Start Voucher if you are on benefits and pregnant, or have children under four – £3.10 a week to spend on milk or fresh fruit and vegetables.
- If you are on means tested benefits or tax credits and facing an emergency or need help living independently, you can apply online for help from the Local Discretionary Social Fund or by calling 01273 293117.
- Head to the Brighton Unemployed Centre's Families Project for a low cost meal (Monday to Friday) or for low cost dried goods from their food co-op (Weekdays 10.30am-12.30pm). There is more information on community cafés, co-ops and food projects on our website.
- The Food Partnership can provide workshops and training courses on learning to cook, healthy eating and reducing food waste.

The Brighton & Hove Food Partnership is a not-for-profit organisation that campaigns on local food poverty and other food issues.

Join for free and get tips, advice and keep up-to-date with food news and events in the city.

01273 431 700

info@bhfood.org.uk

bhfood.org.uk

Brighton & Hove

FOOD
Partnership

Funded by



**Esmée
Fairbairn**
FOUNDATION