



# WIGGLY

## Learn - Cook - Share



## Top tips for shopping on a budget



1. **Check your cupboards before you go shopping.** Then visit your local food pantry to see what's available. This reduces food waste and costs.
2. **Set a budget.** What is realistic? Can you save money by planning to batch cook to make multiple meals or making packed lunches at home?
3. **Plan your meals, snacks and treats.** Aim for versatile items that can be used in more than one way, or plan to make home-made treats.
4. **Create a list and stick to it.** This will help you keep to the budget and avoid forgotten items or panic buying.
6. **Shop for store branded goods.** They are just as good as big brands. They are usually hidden on lower shelves.
7. **Choose frozen and wonky fruit and veg.** They are just as healthy!
8. **Seasonal fruit and vegetables.** Choosing seasonal means fresher and generally cheaper. Check out your local food pantry as they may have seasonal veg from a local community garden.
9. **Avoid shopping when hungry.** To stop you giving into temptation and grabbing items not on the list!