Tips for eating well on a budget

You can eat well on a budget. All it takes is a little planning.

* Plan your meals each week, so you won’t buy extra items that you don’t need.
* Make more than you need when you are cooking and freeze the leftovers for another day.
* Buy fruit and vegetables that are in season, as these will be the cheapest. Frozen and tinned fruit and vegetables are also good for saving money.
* Use cheaper protein foods like eggs, lentils, baked beans or tinned fish.
* Homemade foods can be cheaper and tastier! Try making biscuits, muffins, scones, and soups.
* Soups and stews are a great way to use leftovers.
* Use cheaper cuts of meat, and add extra vegetables or lentils/legumes to meat dishes to make them go further.

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