



## Recipe Tips – Keeping Costs Down

- **Buy generic or home brand foods where available**

Generic brands (such a Home Brand or Black & Gold) are better value for money and are often equal in quality to branded products.

- **Make use of and check foods that are “on special”**

Checking supermarket catalogues can help with choosing recipes for the following session. However advertised brands can sometimes be more expensive than similar items that are available. Always check to see if these foods are actually cheaper than other brands that are not on special.



- **Frozen and canned vegetables are okay!**

Buying fresh produce when it is in season ensures freshness and the best prices. However if fresh vegetables are too expensive it is fine to choose canned or frozen varieties, which are usually just as nutritious.

- **Buy in Bulk**

Often foods sold in bulk portions end up cheaper per amount than buying small quantities. Make sure you have enough space to store the goods appropriately. You can always freeze/store the remaining ingredients for later use.

- **Reduce meat costs**

Meat can be expensive so don't buy more than you need. For most people 60-100 grams of lean meat is enough per day and this is only the size of a deck of cards! Keep this in mind when deciding portion sizes for Community Kitchens meals.

- **Add extra vegetables and legumes to dishes**

If you reduce the meat portion in a meal, make up the bulk with vegetables or legumes. Lentils, kidney beans, cannellini beans and soup mix are very nutritious, very tasty (when you know what to do with them) and very cheap!

- **Always check the staples cupboard**

Keep checking the staples cupboard and use ingredients before they go out of date. Always check when writing your shopping list to prevent doubling up on items you already have.