

FREE PRINTABLE MONEY GUIDE | READ, PLAN, TAKE ONE STEP.

1 BEFORE YOU SHOP

Plan meals first



Check cupboards

Use food already at home.



Write meals

Plan a few flexible dinners.



Make a list

Buy what you will use.



Set a limit

Know the weekly budget.

2 AT THE SHOP

Compare real value



Unit prices

Check price per kg or litre.



Store brands

Compare quality and cost.



Offers

Buy only what you need.



Seasonal foods

Compare fresh and frozen.

3 AT HOME

Avoid waste



Store safely

Follow package directions.



Use leftovers

Chill promptly and reheat safely.



Freeze portions

Label with dates.



Use first

Rotate older food forward.

4 REVIEW YOUR SAVINGS

Keep it sustainable



Keep receipts

See where money went.



Check waste

Notice what gets thrown out.



Swap one item

Try a lower-cost alternative.



Protect nutrition

Affordable can still be balanced.

MY NEXT MONEY STEP:

One action I will take: _____ By date: _____

GROCERY SAVINGS — PRACTICAL NOTES

Keep this page with your visual quick-glance guide.

1 UNIT PRICE IS OFTEN BEST

Large packs are not always cheaper per unit, and a bargain is not useful if it spoils before you eat it.

2 FOOD SAFETY COMES FIRST

Follow local guidance on use-by dates, refrigeration and reheating. Do not eat unsafe food just to avoid waste.

3 CHECK DIETARY NEEDS

Allergies, infant feeding and medical diets may require specific foods. Do not replace necessary items without suitable advice.

4 COMPARE TOTAL COST

Include travel, delivery fees and food waste when deciding where to shop.

MAKE IT PRACTICAL

Choose one small action, write it on page 1, and review it after a week. Use trusted, free advice services when you need help.

REFERENCE POINTS (check your local rules):

[food.gov.uk/safety-hygiene/chilling](https://www.food.gov.uk/safety-hygiene/chilling)

[lovefoodhatewaste.com](https://www.lovefoodhatewaste.com)

[moneyhelper.org.uk](https://www.moneyhelper.org.uk)