



**EATING
WELL ON
A BUDGET**

Today, many of us are living on a budget and looking for ways to reduce food expenses.

Eating a healthy diet is crucial to your mental and emotional health as well as your physical wellbeing. It can make a huge difference to your

**mood, energy, waistline,
and how you think and feel.**

At a time when so many of us are living on a tight budget, finding food that is both wholesome and affordable can be a challenge.

Along with a lack of time, having a limited budget is one the major barriers to eating a healthy diet. When you're hungry and pushed for time and money, processed and fast food can seem like the best options. While convenience foods are often tasty and filling, they also tend to be loaded with calories, sugar, and preservatives, and lacking in essential nutrients. And despite what you may have been led to believe, eating processed and fast food is rarely cheaper than eating healthy, home-cooked meals.

Whether you're at school, living on your own, or raising a family on a budget, with these useful tips you can enjoy healthy food without breaking the bank. The more you focus on purchasing local, unprocessed food, preparing meals at home, and reducing waste, the healthier and tastier your diet will be, the better you'll feel, and the more money you'll save.

We've put together a list of tips and advice to help your money go further while still enjoying tasty, nutritious meals that the whole family can enjoy.

FREE Help & Support

If you're a smoker, the money you spend on cigarettes really adds up. Stop for Life Oxon provides FREE 1-2-1 support to people who want to quit smoking in Oxfordshire. Get in touch to find out how we can help you quit for good!

www.stopforlifeoxon.org
0800 122 3790

stopforlife
OXON

Top tips for eating well on a budget

Planning is key

Our handy food planner helps to plan your meals and snacks for the week. Use your plan to write a shopping list which will help you avoid impulse buying and keep you focused on the items you really need. Research has shown that shoppers who stick to a list are likely to save an average of £11 per shop!

Check what food you already have

Basing your meals around items you already have in your cupboards is an easy way to save on your shopping. Make a note of the dried, tinned and frozen food as well as the sauces and spices you have and find a recipe that will use them up.

Keeping your cupboards tidy so you can quickly see what you have will make this process much easier.

Batch cooking

Batch cooking is a great way to make sure that when you're hungry and pushed for time, you'll have a healthy, balanced meal, ready to eat in your fridge or freezer. This will stop you reaching for more expensive and often less nutritious convenience food or takeaways. Buying ingredients in larger quantities will also bring down the cost of each portion and save you money in the long run.

Try out supermarket own brands

Most of us have our go-to brands for certain items that we're convinced taste better than the cheaper alternatives on offer. Being loyal to these brands could however be hiking your outgoings up by £100s a year. In a recent study, consumer group Which? found that consumers could save £70 a year on baked beans alone, when switching from branded to the supermarket's own version. Make the switch to own brand and see how much you can save.

Avoid shopping on an empty stomach

Research has shown that if you go food shopping when you're hungry, you're likely to spend more money on items you don't necessarily need. Try to plan your shopping trips for just after you've eaten and you should find it easier to stick to your list and avoid temptations.

Buy in bulk

Buying in bulk is a great tip when you see offers for items that are non-perishable. For example, if you saw kidney beans on offer, and this is something you eat regularly, it is worth buying these in bulk. Just be sure to check what you have in your cupboards before you write your shopping list, otherwise you will still buy kidney beans when you already have them.

For Inspiration

on meal ideas, check out;

**RECIPES & FOOD –
COOKING ON
A BOOTSTRAP &**

**MIGUEL
BARCLAY**





Top tips for eating well on a budget

Fakeaways

The average consumer in the UK spends £451 a year on takeaways. Living a healthy balanced lifestyle isn't about depriving yourself and we all need a treat every now and then. Why not try recreating your favourite Friday night takeaway at home for a fraction of the cost and calories. Take a look here for some inspiration:

The best fakeaway recipes | BBC Good Food

Reduce your meat intake

For many people, meat accounts for a big proportion of their weekly spend on food. To cut down on this spend, try switching out meat for an alternative protein source for a couple of days a week. For example, switch beef mince in a chill con carne for mixed beans or bulk out a veggie curry with chickpeas and sweet potato. There are also various health benefits associated with eating less meat, such as lowering your risk of heart disease and type 2 diabetes.

Meal Planner

Get organized and save on your shop with our handy meal planner.

SHOPPING LIST

Sunday	
BREAKFAST	
LUNCH	
DINNER	
Monday	
BREAKFAST	
LUNCH	
DINNER	
Tuesday	
BREAKFAST	
LUNCH	
DINNER	
Wednesday	
BREAKFAST	
LUNCH	
DINNER	
Thursday	
BREAKFAST	
LUNCH	
DINNER	
Friday	
BREAKFAST	
LUNCH	
DINNER	
Saturday	
BREAKFAST	
LUNCH	
DINNER	

SNACKS FOR THE WEEK

Download

and print more copies on our website www.stopforlifeoxon.org or ask a member of the HLS team.

Extra Support Locally

If you're struggling to manage financially and need some support, there are lots of local and national organisations you can reach out to.

Oxford Community Emergency Foodbank

An independent charity that aims to help people in Oxford or the surrounding area who are suffering from financial hardship and finding it difficult to provide food for themselves, their family or dependants. Please note they usually require a referral (e.g from a healthcare worker).

Call: **01993 810 622**

Community Fridges & Larders

Open to everyone with no referral needed, community fridges and larders and all about reducing food waste by making surplus food available for free or at a significantly reduced cost.

Citizens Advice Oxford

Provide free, confidential and impartial advice to help everyone find a way forward, whatever problem they face. Among many other things, citizens advice can help you with issues relating to money, benefits, housing and employment.

Call: **0808 278 7909**

Or visit the Oxford branch at:
New Inn Hall St, Oxford OX1 2DH

Connection Support

Provide support to people living in Oxfordshire to help you gain control over your finances and housing. The team will equip you with the tools to manage your money, navigate benefits, be independent and avoid homelessness.

Call: **01865 711 267**

Email: enquiries@connectionsupport.org.uk



Extra Support Nationally

Turn2us

A national charity providing practical help to people who are struggling financially.

www.turn2us.org.uk

Helpline: 0808 802 2000

Money Helper

Offers **FREE** independent support in clearing debts, reducing spending, or making the most of your income.

www.moneyhelper.org.uk

Call: 0800 138 7777

Help Through Hardship Helpline

Helpline: 0808 2082138

If you are in financial crisis and live in England or Wales, call their **FREE** national helpline, Help through Hardship.

Call: 0808 208 2138 for **FREE** (open Monday to Friday, 9am-5pm, closed on public holidays) to talk confidentially with a trained Citizens Advice adviser. They can help address your crises and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank.

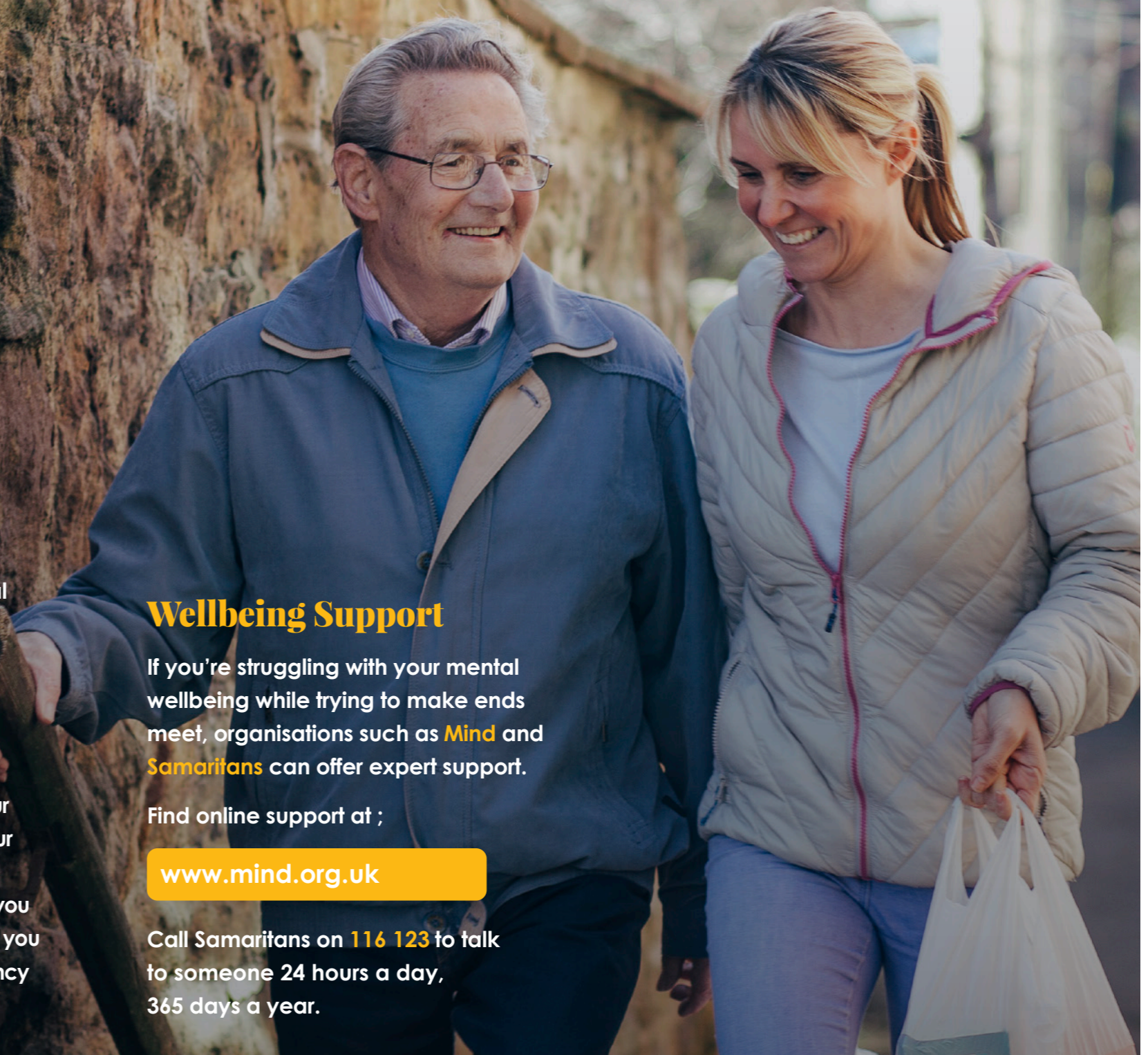
Wellbeing Support

If you're struggling with your mental wellbeing while trying to make ends meet, organisations such as **Mind** and **Samaritans** can offer expert support.

Find online support at ;

www.mind.org.uk

Call Samaritans on 116 123 to talk to someone 24 hours a day, 365 days a year.





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