

**THRIFTY**

**GROCERY SHOPPING TIPS**  
SHOP SMART, SPEND LESS, EAT WELL

WE THROW AWAY AN AVERAGE OF  
**24** MEALS PER MONTH

THIS IS EQUIVALENT TO  
**£60**  
WASTED DUE TO OVERSHOPPING

MEAL PLANNING COULD SAVE  
A FAMILY OF 4 AROUND  
**£600 PER YEAR**  


**1**  **MEAL PLAN & SHOP WITH A LIST**  
Sticking to a list means you'll only buy what you need

**2**  **DON'T SHOP WHEN YOU'RE HUNGRY**  
Treats and special offers are irresistible if you shop on an empty stomach

**3**  **DON'T FALL FOR THE MULTIBUY**  
Is it on the list?  
Do you need it?  
Is it perishable?

**4**  **CUT YOUR SPENDING WITH COUPONS**  
Find them in supermarket magazines, online forums, brand websites and social media

**5**  **TIME TO TRIM YOUR BILL**  
At around 9-11pm you'll find more reductions in fruit & veg, meat and bakery aisles

**6**  **FREEZER AISLE – NOT JUST FOR READY MEALS**  
Vegetables, fruit, meat and fish is cheaper frozen, nutritious and keeps longer

**SUPERMARKET ALTERNATIVES**  
SAVE MONEY BY SHOPPING ELSEWHERE

**APPROVED FOODS**  
Save on products just past or near their sell by date that are still fine to eat.

**USE IT OR LOSE IT – LOVE YOUR LOCAL MARKET**  
Visit local markets for fruit & veg – it's cheaper, fresher and the service friendlier!

**£1 STORES FOR YOUR FOOD CUPBOARD**  
Name brand Tea bags, coffee, drinks and tinned food can be found here.

**PICKING FRUIT & VEG**  
Blackberries, apples, pears, plums and much more grow in abundance in the UK.

Sources:  
<http://resourcefulcook.com/blog/save-money-by-meal-planning>  
<http://www.theguardian.com/environment/2013/nov/07/uk-households-food-waste>

 **Guarantormyloan**  
guarantormyloan.co.uk

1. Read the text and say where can we see this test:

- in a magazine
- in a hospital
- in a bookshop

2. Read the text and the sentences and write T (True), F (False), NS (Not Stated):

- a) Use can use coupons if you want to save money. T/F/NS.
- b) People throw away 50 % of meal per month. T/F/NS.
- c) You shouldn't make a plan before go shopping. T/F/NS.
- d) You should eat only a couple of apples before shopping. T/F/NS.
- e) You should avoid buying useless things. T/F/NS.
- f) You can find all kinds of fruit in the UK. T/F/NS.
- g) After 8 p.m. You can get a discount. T/F/NS.

3. Correct the mistakes in these sentences:

- a) Sticking to the list explains you'll only buy what you need.
- b) Find them in supermarket, newspapers, online forums, brand websites, and social media.
- c) Treats and sweets are irresistible if you shop on an empty stomach.
- d) Is it on the list? Do you want it? Is it perishable?
- e) Vegetables, fish, meat and fruit is more expensive frozen, nutritious and keeps longer.
- f) Visit local markets with for fruit and veg – it's cheaper, cooler and the service friendlier.
- g) Name brand Tea bags, coffee, tinned vegetables can be found here.

4. Use this poster and make a cluster GROCERY SHOPPING TIPS. You can add your ideas.