



THE PARTICIPATION TEAM



#E-LIFE HACKS

Food shopping during the Coronavirus has suddenly become much more stressful than before; you may be shopping for relatives, discovering it's difficult to find some of your favourite products or struggling to find online delivery slots. And we are all trying to limit the number of times we visit the supermarket (and avoid standing in queues)!

But at the same time, most of us are still trying to budget and save money so the Participation Team thought it would be a good idea to share some of our best hacks for saving your pennies!

SHOPPING ON A BUDGET

- **Plan ahead and go in with a list** to stop you topping up with expensive extras. People who take a shopping list save on average £200 a year on their food shop! It will also help you get your shopping done more quickly and help you remember everything you need now it's impossible to 'just pop to the shops'.
- **Buy in bulk** – check out the shelf labels for the price per weight. Buying bigger bags might seem pricy initially but you won't need to replace them for quite some time meaning fewer trips to the store and they normally work out cheaper in the long run.
- **Use your freezer!** Portion up bread, meat or cooked meals like curry, bolognese or chilli. This reduces waste and means you always have something ready to defrost and eat which is particularly important when you are cutting back on store visits.

However, don't buy more than you think you actually need or can realistically use (1 pack of 24 toilets rolls is enough!) - we all need to do our bit at the moment so there is enough to go around in our community

- **Try supermarket own brand food** – it's substantially cheaper and can be just as good. Some own brand tea bags for example can be up to 95% cheaper than the most expensive brands.
- **Store food correctly** to prevent waste. Put cheese in resealable bags in the fridge, potatoes in a dry, dark, well ventilated cupboard (not a plastic bag or air tight box) and keep bread fresh in a bread bin.
- **Check out whether frozen fish and vegetables could save you money.** Choosing frozen salmon over fresh can save you up to 55%!
- **Choose cheaper cuts of meat.** Chicken legs or thighs, are much cheaper than chicken breast and often tastier too.
- Supermarkets are still doing **offers** but make sure you double check them! They might sound like a bargain but are they actually cheaper than other brands?
- This may sound unexpected, but **don't always buy the cheapest product.** Some things cost more for good reason. Buy sausages and burgers with plenty of meat rather than fat, gristle and who-knows what. They're probably better for you, cost just a little more and you don't have to eat five of them to feel full.

Remember government advice and only go out to shop for food as infrequently as you can.

Look out for ideas about staying active, being creative and much more in the upcoming weeks!



Also, take a look at our Instagram page, participation_team, for fun daily updates.

We love to hear from you too so why not contact us at VSK_Participation@kent.gov.uk or through the [Contact Us](#) pages on the Kent Cares Town website!

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