

**LIVE
WELL
SPEND
LESS**

Our suggested shopping list:

These are some affordable, nutritious options to choose from on your next shop

**CHECK
YOUR KITCHEN
STOCK BEFORE
YOU SHOP!**

Fruits & Vegetables:

- ☐ Frozen mixed veg e.g. carrots, broccoli, cauliflower
- ☐ Frozen peas
- ☐ Jarred beetroot
- ☐ Frozen butternut squash
- ☐ Tinned sweetcorn
- ☐ Tinned tomatoes
- ☐ Onions
- ☐ Garlic
- ☐ Frozen berries
- ☐ Apples

Dairy/ alternative:

- ☐ Greek yoghurt
- ☐ Milk / oat milk
- ☐ Mozzarella

Fats:

- ☐ Rapeseed oil
- ☐ Nut butter

**AIM FOR
SEASONAL
FRUITS & VEG –
THEY TEND TO
BE CHEAPER
AND MORE
NUTRITIOUS!**

Protein sources:

- ☐ Tinned red/ green lentils
- ☐ Quinoa
- ☐ Eggs
- ☐ Turkey mince
- ☐ Tinned mixed beans
- ☐ Chickpeas
- ☐ Tinned fish sustainably sourced

**AVOID
SHOPPING
HUNGRY!**

Store cupboard ingredients:

- ☐ Dried oregano
- ☐ Dried basil
- ☐ Cumin
- ☐ Paprika
- ☐ Chilli powder
- ☐ Garam masala
- ☐ Curry powder
- ☐ Ground coriander
- ☐ Vegetable stock cubes

**CHECK THE
'REDUCED'
SECTION OF
THE SHOP**

Grains & Carbohydrates:

- ☐ Wholewheat spaghetti
- ☐ Wholemeal wraps
- ☐ Wholegrain rice
- ☐ Oats

**FREEZE
BREAD TO
EXTEND ITS
SHELF LIFE!**

Look at the lower shelves of the supermarket to find the best value items!