

Eat Well, Spend Less

during COVID-19



Eating and drinking as well as we can is one important way to take care of ourselves. However, when money is tight, eating well can feel like a challenge. Many of us are spending more time indoors and going through changes to how we live, cook and shop.

- Try to plan healthy snacks and main meals for the week before you shop. This will help figure out 'what's for dinner?'. If you have children, they might like to get involved.
- Whether shopping in-store or online, writing a shopping list will help you reduce waste and save money. It will help you to have the ingredients you need for a range of meals across the week. Before you shop, take a 'shelfie'. This way you'll remember what you've got and avoid doubling up.
- Splitting your shopping list into sections e.g. fruit and vegetables, frozen food, dried foods/tins will help you spend less time in store.
- Store-cupboard staples can be used to create lots of quick and tasty meals. Food such as **rice, pasta, noodles, lentils, breakfast cereals, tinned fruits and vegetables, potatoes, eggs and tinned fish** are versatile and have a good shelf-life. Supermarket and value brands are worth a try and can taste good at a lower price.
- Struggling to find an ingredient you need? Don't worry, most recipes will still work well if you make an ingredient swap.
- We all know this by now but remember to wash your hands with soap and water as soon as you get home.
- Get creative in the kitchen with dried herbs and spices – these can add flavour and variety to everyday meals. Add chilli powder to homemade potato wedges, curry powder to baked beans and garlic and mixed herbs to tinned tomatoes for a super quick pasta sauce.
- Where you store food can make a big difference to how long it lasts. For more information visit <https://www.lovefoodhatwaste.com>
- If you have freezer space, many foods including bread, pitta pockets, milk, berries and cheese can be frozen until you need them.
- Leftover food such as cooked meat, vegetables and baked beans can be covered and safely stored in the fridge for up to 2 days. Soups, omelettes, risottos and stews are great for using these up - anything goes!
- It is important not to eat foods past their '**use by date**'. However, the '**best before**' date is just a guide. Foods such as bread, crackers, dried and tinned foods can safely be eaten past this date.



For trusted information about nutrition visit <https://www.bda.uk.com/food-health/food-facts.html> and www.nhs.uk

