

A young person's guide to FOOD SHOPPING...



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This guide will give you **advice** and **information** about food shopping and helpful tips on how not to overspend.



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A YOUNG PERSON'S GUIDE TO FOOD SHOPPING...

This guide will tell you about food shopping and give you some useful hints and tips.



PLANNING AHEAD...

Planning ahead can save you time and money by sticking to lists and budgets. Before shopping try and do the following:

- **Work out your weekly/monthly food budget before you start so you know how much you can spend during one shop.**
- **Make daily meal plans for the week/month so you know exactly what ingredients you will need to buy (you can access meal ideas online).**
- **Make a list of all the food and household items you need. Having a list can help you stick to a budget (you may need to think about transport/delivery costs, this is looked at later in the leaflet).**

USEFUL WEBSITES FOR RECIPES...

www.bbcgoodfood.com

www.allrecipes.co.uk

WHERE TO SHOP...

There are so many places you can go to buy food including supermarkets, convenience shops and discount stores.

Supermarkets

These have a large range of products available, you can see what is available and how fresh it is, you choose your preference however, having a lot of choice can tempt you from shopping outside your list and budget.

Examples of these include Asda, Tesco, Sainsbury's and Morrisons.

Discount stores

These have less of a range of products available but it can be the same as shopping in a supermarket. These are smaller supermarkets and include Aldi, Lidl and Iceland.



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Convenience shops

These shops are often more expensive than their larger supermarket as products can be packet more conveniently such as 'pre-cut carrots' rather than just 'loose'. Examples of these include Tesco Express, Sainsbury Local and Co-op.

Other stores

These often do not include fresh foods or meats but can be good for toiletries and packaged items. Examples of these include Home Bargains, B&M, Poundland and Pound Stretcher.

Local market, butchers and greengrocers

These can offer a good range of fresh produce and you can buy what you need in quantity rather than a pre-weighed item which might be too much for what you need. Some produce might be out of season in markets especially with fruits and vegetables for example, strawberries which are traditionally in season during the summer months in the UK.

TRAVELLING TO GET YOUR SHOPPING...

Once you have your weekly/monthly shopping budget and food list you need to think about how you are going to visit the shop.

Think about the costs of getting there, for example, bus fare, taxi fare or petrol. You may have an Asda close by but your shopping might be cheaper in Lidl even with a travel fee on top.

Online shopping

This method of shopping can allow you to stick to your shopping list as you would be more likely to just type in to find the product you need.

You can get the same items that would be available to you if you visited the supermarket. Online shopping will be picked for you by supermarket staff and if they don't have a specific item that you ordered they can provide a substitute item which is the closest match. This means you could be left without what you need.

You don't get your shopping on the same day and you may have to spend a minimum amount to be able to buy online. You will also need to pay a delivery fee.

Most supermarkets have online shopping options.

BE A SAVVY SHOPPER...

Think about price comparison and packaging - some supermarkets charge more for the same product.

For example, as of July 2020, the price of 4 tins of baked beans cost £1 for Asda's own brand. This is £1.50 cheaper than the Heinz brand of beans which cost £2.50.

The ingredients for both of these products are almost exactly the same.

The shops dress their shelves with the most expensive items which can be seen at eye level and the least expensive on the bottom and top shelves. This is to try and get people to just grab what is easiest, especially if they are in a rush.

Stores own brands also look cheaper due to their packaging but usually they have almost the same ingredients in them. This is one example:



Asda Smart Price chopped tomatoes: 28p for 400g
Asda own brand chopped tomatoes at 35p for 400g

Which one would you choose and why?

Both contain the following ingredients: Chopped tomatoes (60%), tomato juice, acidity regulator (citric acid).

What is the main difference?

The ingredients for both are almost exactly the same but the more expensive has concentrated tomato juice which means the tomatoes juice is a bit stronger in flavour as the water is removed.

The packaging is also brighter for the more expensive one and coloured like a tomato so it draws your eye. Now you know this, would you still choose the same?



Useful websites for comparing products:

www.mysupermarket.co.uk

www.moneysavingexpert.com

DISCOUNTS...

There may be way of getting discounts on items.

Below are a few examples of how you can get discounts:

- **Money off vouchers in a newspaper or a magazine for the total cost of the shop or specific items.**
- **If you go to the shop in the early evening there are sections of 'reduced' items that are still perfectly fine to eat but have a short date. They usually have an orange or yellow sticker.**

Storing your food safely and reducing food waste

Here are some useful tips for storing food safely and reducing your waste.

Best Before date v Use By date

The **best before** date is a guide date. It does not mean you can't eat the food after this date. It should last much longer than the date shown.

The **use by** date is a strict date by which you should use the food (the date does not count if you have frozen the food before the use by date)

Food waste

As a country we waste about a third of the food produced. A significant part of this is household food waste which means wasted money.



Below are some ways to reduce your waste therefore save money:

- **Only buy what you need**
- **Make a shopping list before you go shopping**
- **Follow the storage instructions on packets**
- **Get boxes or bags to store your leftovers**
- **The freezer is your friend! Freezing food close to the use by date will make it last longer**
- **Split packs of meat into smaller meal size portions and freeze them in separate bags**
- **Use an app, such as Supercook, to get recipes for what you have left in the fridge**

PACKET SIZE...

When shopping pay attention to the size of the packet or bottle. They are often packaged to look bigger than they really are. For example how many packets of crisps are in a multi pack in Poundland compared to in supermarkets where they may be a 6 pack or an 8 pack?

You also need to make sure you following recycling guidelines where you live. If you put food waste in your rubbish you may get fined.

USEFUL WEBSITES...

www.newport.gov.uk/recycling

www.lovefoodhatewaste.com

www.food.gov.uk/food-safety