## Write a shopping list to help you:

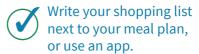
- reduce your food bills
- · save time at the shops
- · avoid doubling up on ingredients

## **Smart ideas**

- Check what you already have to avoid doubling up.
- 2 Shop for local seasonal produce which will last longer and is often cheaper.
- Check 'Use By' and 'Best Before' dates when you shop.
- Only buy special deals if they fit into your meal plan or can be stored for later.



## **Smart actions**



Take a photo of your shopping list on your phone so you always have it.

Group items on your shopping list to save time.

Where possible, buy less but more frequently so you can enjoy fresh produce.

Welcome to stress-free shopping! Now you're organised, it's time to tackle Step 4.

