



Shop with a list

STEP
3

Write a shopping list to help you:





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

Smart ideas

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



Smart actions

-  Write your shopping list next to your meal plan, or use an app.
-  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.



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