

Ways To Save At The Supermarket

With the UK at the beginning of a recession and household incomes falling, coupled with any Brexit deal likely to result in food inflation during 2021, it seems that a decade of cheap food may be over.

We currently spend between 10% and 15% of our weekly outgoings on food, with the lowest income families spending the highest proportion.

Today our trolleys can no longer just be about taste, we need to be cost conscious too. With staples soaring (a pint of milk has reached an all-time high of 33½p and sliced bread costs a record £1.20 in big stores), we're not being left with much change at the checkout.

The cost of food is climbing because shortages of important crops around the world like rice and wheat, are pushing up the price of ingredients for food manufacturers. These extra costs are being passed onto us at the supermarket. We're spending more on our weekly shop than we have for a long time, and could end up adding £1,000 to last year's annual food bill!

But by being a bit more thrifty in the supermarket, it is possible to continue eating deliciously, while keeping a firm grip on your food finances.

Twelve Thrifty Tips

1. **Pays to plan** – planning your family's meals for the whole week will mean less wasted ingredients. If you're nipping to the supermarket every other day, it's much easier for expensive (and probably unnecessary) extras to creep into the trolley
2. **Favour fresh** – fresh ingredients, such as lovely fresh British leeks, are much more economic than pre-prepared meals – and likely to be far more nutritious too
3. **Shop seasonally** – apart from being more environmentally-friendly, buying locally grown fruit and veg, like flavoursome British leeks, is far cheaper than out of season produce that's been shipped over using expensive fuel

4. **Double-take** – cooking double quantities will cut down on wasted ingredients – and time spent in the kitchen the following evening
5. **Sarnie saver** – take tasty leftovers into work the next day to save delving into the sarnie lady's basket
6. **Back to basics** – switching to own-brand 'basics' ranges for some of the staples could cut your food bill considerably
7. **Stay simple** – stick to tasty but simple dishes that don't require a trolley full of fancy ingredients
8. **Love loyalty** – register for a loyalty card at your supermarket and reap the financial rewards
9. **In it to win it** – enter competitions to win supermarket vouchers or even better, a special meal out. Scour the supermarket shelves for on-pack promotions, or else visit competitions' website www.theprizefinder.com
10. **Waste not want not** – we waste roughly a third of the food we buy each year (6.7 million tonnes – enough to fill Wembley Stadium eight times over!) at a cost of £10 billion. Wasting food isn't good for our planet or pocket, so be creative with leftovers. Older fruit and veggies make delicious soups or smoothies
11. **Online only** – shop online to avoid being tempted by (often naughty!) extras
12. **Supermarket survey** – investigate different supermarkets for price and quality. 90% of us choose the nearest supermarket, rather than considering cost. Even if you'd rather stick to your usual store for fresh produce, a cheaper supermarket might be an option for the basics

Feed Your Family For Under (And Just Over!) A Fiver

Spaghetti With Leeks, Peas, Bacon And Lemon



Serves 4

Prep 15 minutes

Cook 15 minutes

Cost £4.50

Ingredients

400g dried spaghetti

40g butter

150g bacon lardons

200g leeks finely chopped

400ml crème fraise

100g cooked peas

Juice and zest of one lemon

Salt and cracked black pepper

Small bunch of chopped flat leaf parsley

50g Parmesan for grating

Method

1. Bring a medium pan of salted water to the boil, add the spaghetti and cook accordingly to the packet instructions
2. In the meantime, fry the bacon in a medium sized pan over a low heat until the fat releases from the bacon. Turn up the heat so that the bacon starts to colour, about 5 minutes. Then add the leeks and cook for a further 5 minutes
3. Add the crème fraise and cook until it starts to bubble and reduce slightly
4. By now your pasta should be cooked. Drain and set aside
5. Add the lemon juice and zest to your sauce

6. Season with salt and pepper and add the chopped parsley
7. Toss the pasta in the sauce, serve in bowls and sprinkle with Parmesan

Sausage And Leek Casserole With Chive Mash



Serves 4

Prep 10 minutes

Cook 30 minutes

Cost £6

Ingredients

3 tbsp olive oil

8 pork sausages

1 Spanish onion sliced

200g sliced leeks

4 cloves garlic sliced

2 sticks celery sliced

Small bunch of sage leaves, picked

200ml white wine

400ml passata

400ml chicken

2 bay leaves

Salt and cracked black pepper

Small bunch flat leaf parsley, chopped

For the mash...

800g potatoes peeled and cut into 4

100g butter

300ml full fat milk

Salt and cracked white pepper

1 bunch of chives finely chopped

Method

1. Preheat oven to 180°C / 350°F
2. Fry the sausages in a casserole dish until golden brown, remove with a slotted spoon. You may need to do this in two batches
3. Add the onions, leeks, garlic, celery and sage and cook until the mix starts to brown slightly
4. Add the wine, stock, passata and bay leaves and then season with salt and pepper
5. Add the sausages back in
6. Put the lid on and cook in the oven for 20 minutes
7. Meanwhile, place your potatoes in a medium sized pan, cover with water and bring to the boil. Simmer gently until cooked. About 20 minutes
8. Once cooked, drain and mash the potatoes and add the butter and milk. Stir over a low heat until the butter has melted and the mash is piping hot. Season and add the chives. Set aside
9. Remove the casserole from oven, stir in chopped parsley and serve with the mash

(1,025 words)