

# Food, Glorious Food! - Tips for University

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## Don't be afraid of value!

Supermarket basic products or own label may look a bit simple but often don't really taste hugely different (especially with pastas)

Try value, you can always buy the more expensive one next time!

## Shop Locally

You may think a supermarket is the cheapest place to shop but when it comes to meat, fruit and veg you'll probably find your local market is cheaper by miles!

## Eat as a group?

It might be impractical to do this every day but why not team up with your house-mates and all chip in towards a meal. You'll probably get more for your money!

## Freezing...

Try and avoid throwing food away...if you cook enough spaghetti Bolognese for 4 people rather than having 4 nights of it pop it in a tub and in the freezer...then you have an instant ready-meal!

## Freezing 2

Lot's of things can be frozen. If you won't get through a whole loaf of bread...freeze it. If there's reduced fish at the supermarket buy it and freeze it. Same for milk, meat etc...endless possibilities!

## Free Food!

In your first term you may find that churches sort out student meals. Never say no to a free lunch!

## Simple Recipes

If you're stuck for ideas get a cheap recipe book or look online. Supermarkets often have free recipe cards or free magazines with recipes in too!

## Budget!

Try and set yourself a budget for food shopping...you may go over some weeks and spend less on others!

## Look Out For Reduced Food!

Look out for the reduced section in the supermarket. Fruit and Veg often keep longer than their 'sell by date' and things like meat, fish, pizza etc can always be frozen!

## Finally...Don't Go Hungry!

If you can't afford food don't starve. Tell someone. Your student union may have food packages, your church may help and so might those back at home!