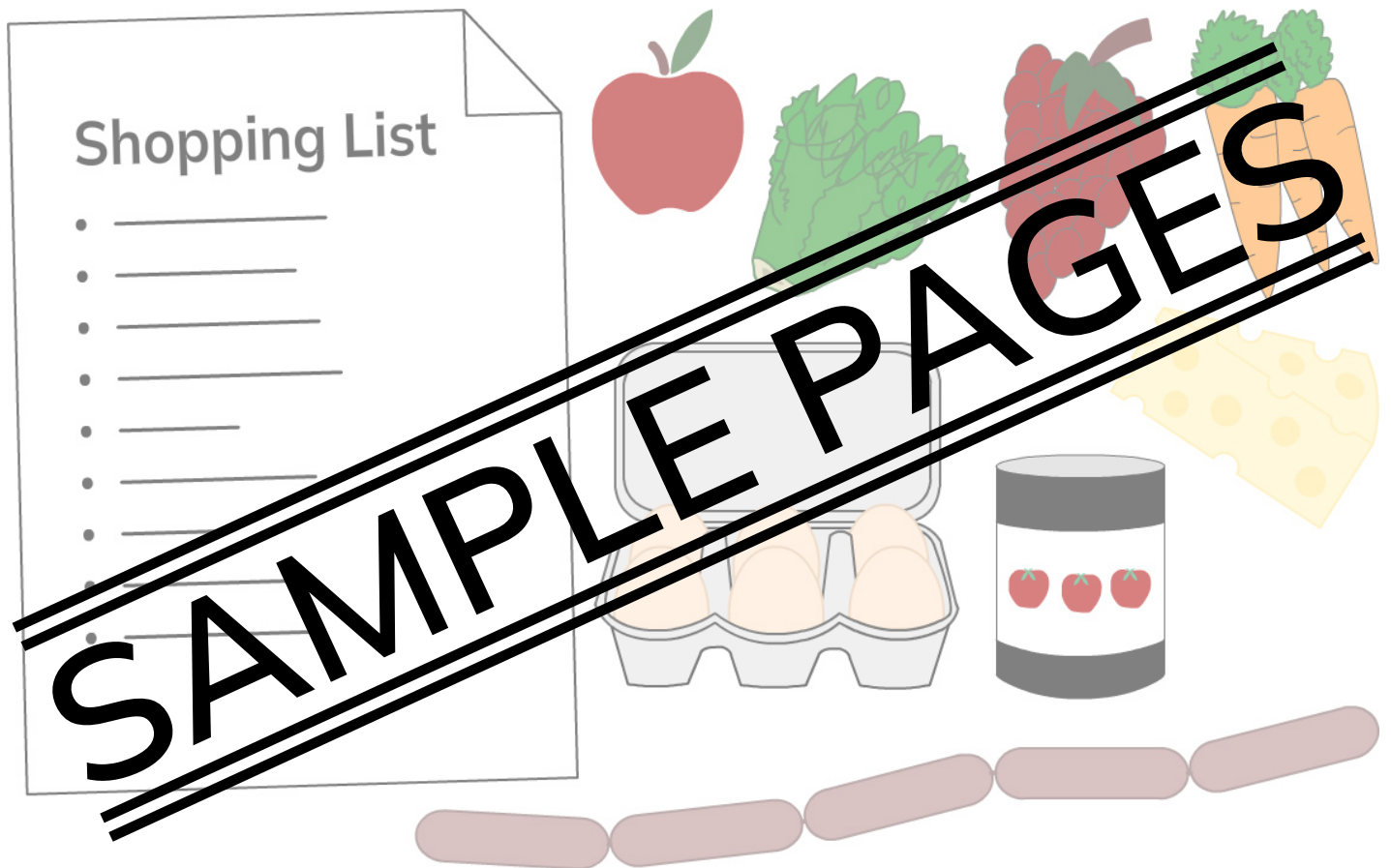


FEED A FAMILY ON A BUDGET



Contents

Contents	3
Introduction	5
Shopping List	6
Meat/Fish	6
Fruit/Vegetables	6
Dairy	7
Non-Perishables/Other	7
7 Day Meal Plan	8
Day 1	8
Day 2	8
Day 3	8
Day 4	9
Day 5	9
Day 6	9
Day 7	9
Recipes	10
Chilli and Rice	10
Frittata	11
Homemade Pizza Wraps	11
Potato Wedges	12
Quesadillas	12
Sausage Pasta Bake	13
Mushroom Risotto	14
Roast Chicken Dinner	15
Additional Tips to Help Families Survive the Cost of Living Increase	16
Food Saving Apps/Websites	16

Yellow Sticker Bargains	16
Food Pantry Subscriptions	17
Proper Meal Planning	17
Useful Online Information	18

Introduction

As the price of food increases and the cost of living continues to rise, it has never been so important to reduce household expenses. One of the main ways that families can do this during difficult times is to lower the food budget.

This resource explains how this can be accomplished while eating three meals a day at home. We have compiled a weekly shopping list of generic food items that can be purchased from any major supermarket chain. The list does not include toiletries or general household items, which most families will already have in their store cupboard (including condiments, cooking oil, drinks, sugar, salt, pepper and spices).

The meals are simple and cooked from scratch which reduces the need to buy expensive ready meals or takeaways. It is also important to bulk up the meals with plenty of vegetables which has the added bonus of providing many essential vitamins and minerals.

It is vital to make a shopping list which helps reduce impulse buying. This will also ensure you stick closely to the budgeted items which have been devised to ensure a balanced diet throughout the week. We have also used generic, non-branded items which contain less fat, sugar, salt and calories than branded ones and therefore cost far less. Bear in mind that many generic products are manufactured in the same facilities as big name brands!

The meal plans and recipes are easy to follow and the aim is show that it is possible to provide nutritious, well-balanced meals on a budget. With a little effort you can not only save money and improve your health, but you will also gain lifelong kitchen skills which will have a lasting impact for years to come.

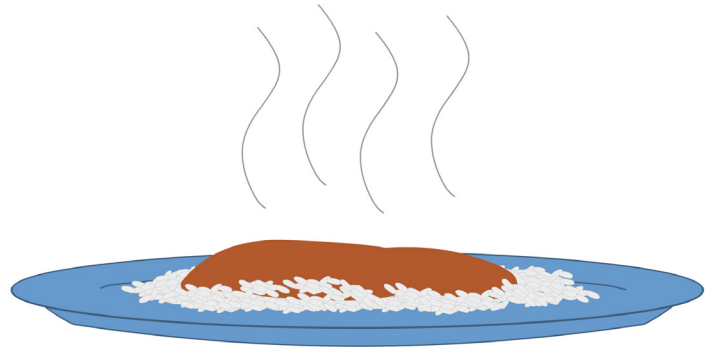
Each recipe serves 4–5 people.

Recipes

Chilli and Rice

Ingredients:

Three cups of rice
One pack of minced beef
Two onions
One tin of kidney beans
One tin of chopped tomatoes
One pack of mixed chilli peppers
Approx three tablespoons of tomato purée



From your store cupboard:

Cooking oil
Black pepper
Chilli powder
Paprika

Method:

Fry the mince and drain off any excess fat. Chop and fry the onions in oil until they start to caramelise. Add the onions, tin of chopped tomatoes, drained kidney beans, chopped chilli peppers and tomato purée to the mince. Mix well then half-fill the empty tin of tomatoes with water and pour over the mixture and allow to simmer for 5–10 minutes. Add black pepper, chilli powder, paprika (or cayenne pepper if you have any). Leave to cook on a low heat for half an hour and serve with boiled rice.