

Food shopping and eating on a budget tips:

- ◆ Shop after 7pm or on a Sunday when there may be bargains on offer on perishables e.g. bread and veg.
- ◆ Make a sandwich a day instead of buying a ready made one—you could save a pound or more a day—260 weekdays = £260 a year.
- ◆ Make a shopping list and stick to it.
- ◆ Don't shop when you're hungry! You will be more likely to buy things that you do not need.
- ◆ Plan meals together with housemates and friends to share the cost of ingredients.
- ◆ Bulk buy essentials such as pasta, rice, washing powder and toothpaste if it works out cheaper.
- ◆ Spend some time bulk making foods such as chilli and curry which you can freeze and use for quick meals over the next couple of weeks.
- ◆ Check out websites such as: studentcook.co.uk for recipes and tips on eating well on a student budget.
- ◆ Use the Student Support Meal cards available on the [Student Funding Advice](#) section of Learning Space for easy, healthy and affordable meal ideas.
- ◆ Check out the Shopping section of moneysavingexpert.com for a whole range of money saving supermarket shopping tips and resources.
- ◆ Find ideas on how to limit food waste by visiting lovefoodhatewaste.com which is also available as an app.

Student Funding Advice - Student Support—West Block

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Meal planner and tips



Student Funding Advice

We have produced this leaflet to help you plan your meals in advance along with shopping and cooking tips.

Planning meals ahead helps save money from expensive eat out meals and take-aways as well as minimising food waste and unnecessary purchases.

If you are struggling financially contact Student Funding Advice in Student Support for further advice and help.

Photocopy or use this sheet as a guide to plan your meals for a week.

Do your food shopping in advance to plan for the week ahead and to avoid buying items that are unnecessary and may go to waste.

Use this planner alongside the Student Funding Advice Budget sheet and Spending sheet (available from the [Student Funding Advice page](#) of the Student Handbook) to manage your finances and to know how much you money have to spend on food each week.

Please contact Student Funding Advice if you are struggling financially and need further help and advice.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Evening Meal							
Snacks & treats							