



Five Day Money Makeover

Day 2: Planning

It can be very easy to spend money that we don't really mean to. Good planning can help. Why not start with your weekly supermarket shop?

Only buy what you need - check your cupboards, fridge and freezer to see what you already have then think about what kind of meals you could make with those ingredients.

Make a list - once you have decided on your meals for the week based on what you already have at home, make a list of any extra ingredients you need

Don't always go for the big brands - if you normally buy branded products, try switching to the supermarket's own version. You are unlikely to be able to taste the difference but you will certainly see the savings!

Search for bargains - head online and compare the cost of your groceries. There are online tools that allow you to compare the price of groceries so you can see where to find what you want at the lowest price. If you like a particular branded product, keep an eye out for coupons or voucher codes that might get you some money off.

Beware of special offers – these can be a great money saver but just because something is reduced or on offer doesn't always mean it's a bargain. Ask yourself 2 questions before you are tempted by special offers;

Do I need it?
Will I use it?

If the product on offer is something you would buy anyway and won't spoil before you get a chance to use it, it is worth buying. If not, only buy what you need and look for deals that are better suited to your needs.

Useful Websites

www.lovefoodhatewaste.co.uk
<http://www.mysupermarket.co.uk/>