



TIPS

Begin with planning your weekly meals.

Be inspired by season recipes and ingredients.

Use weekly supermarket specials as a good guide to cut down on costs for bulk cooking and freezing.

You can also plan your breakfasts, lunches, snacks for yourself and the kids.

Double-up on ingredient to reduce cost and food waste. For example: Ricotta cheese bought bulk from the deli on special can be used in both a lasagna and spinach triangles and loads more.

Specials on meats & more expensive items can be taken advantage of. Eg: Discounts on mince etc from the butcher can be used for multiple meals and frozen in portions for last minute lunches/dinners.

Note down what you need & from where.

Prepare all pre-baked meals where needed and freeze where necessary.