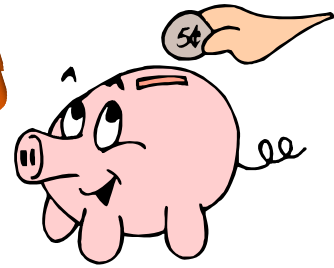


Food Budgeting Ideas



1. Buy bulk on big items like flour, sugar, oil, pasta, rice, nappy wipes, nappies, shower washes, shampoo & conditioners. This saves \$\$'s as you're only buying them every couple of weeks or month or so. (Keep flour in the fridge or freezer to prevent weevils).
2. Buy cheap brands for essentials such as oil, flour and sugar, pasta, rice, plastic wrap, foil, plastic bags etc. Many of these products are made by the big brand companies. You generally can tell which brand makes the product as the cheap brand packaging is similar to the expensive brand (bottle shapes, plastic slow pours in the bottles and caps, etc).
3. Make a list of items you buy regularly and watch your catalogue mail for those items. Often you only can save a few dollars by going to a different shop, but when you add up the savings over a month or two it makes a difference.
4. Buy meat in bulk whenever you can. If you buy meat at the supermarket, check the price per kilo on the label first, often the smaller trays will cost more. Watch for specials and buy a larger amount then split into meals and freeze.
5. Write a meal plan and then list the ingredients. Try to work out what each meal costs, often you can find 3 or 4 meals that are very cheap to make and you can rotate them each week.
6. Split your shopping into two trips. Buy a fortnights worth of staples & essentials the day after payday (bread, flour, meat, veggies, toiletries, cleaning products etc) then make another trip to the supermarket a few days before the next payday, if there's money left for the biscuits, soft drinks, sweets and other non essential things, then that's the time to buy them.
7. Make your own baby food and freeze it! Take some of the food served for the older kids blend it up. It's a huge saving. Fresh fruit is cheaper and often better when stewed up at home.
8. Buy frozen veg. It's cheap, doesn't go off and is always used. It contains all the nutrients of fresh veggies, thanks to new methods of freezing food. Don't skimp on this, cheap brands contain the reject veggies and the stems so spend a little extra on it. Eat out of your garden whenever you can, rocket grows very easily as does tomatoes. If you are not a gardener, but would like to try, the secret is to only grow one thing. (buy a \$5 bag of potting mix, open the top and plant a tomato in it, you'll get much more than your \$5 back in fresh and tasty tomatoes)