

Economy gastronomy

Eat the seasons

Use seasonal ingredients to change the flavour and texture of recipes.

- ▶ Combine seasonal fresh fruit and vegetables in your main meals as they are often cheaper.
- ▶ Saving money? Why not use off-cuts of end ham and bacon?

Eat the seasons ideas – salads, kebabs, stir-fries and roasts or casseroles with seasonal vegetables.



Stock up

See what's on special offer and stock up on food with a long shelf-life.

- ▶ Check the frozen and canned vegetable section and buy items that are cheaper so you always have a variety in the freezer and the cupboard.
- ▶ Frozen vegetables tend to be cheaper than fresh varieties. They also count towards your 5 A DAY.
- ▶ Bulk buy meat and freeze in smaller portions until you are ready to use them.

Stock up ideas – pies, pasta bakes and rissoles.



Shop smart

Take time to plan your meals and then compile a shopping list of everything you need.

- ▶ Save money by bulk buying ingredients.
- ▶ Products such as canned tomatoes, beans and pulses, rice, pasta, oatmeal and barley are lower cost items. These can be a healthy addition and useful to bulk up meals and make them go further.

Shop smart ideas – risotto, shepherd's pie and chow mein.



One-pot cooking

Save time, heat energy and washing up by cooking 'one-pot' meals.

- ▶ Cheaper cuts of meat can be cooked slowly for a tasty, economical meal.
- ▶ Add lots of root vegetables, which are economical to buy, to extend casserole dishes, e.g. potatoes, swede, parsnips, turnips and carrots.

One-pot cooking ideas – casseroles, pot roasts and savoury cobbles or crumbles.



Fast freeze

Make your own frozen meals, it is easy!

- ▶ Save money by choosing ingredients that are on special offer and making double.
- ▶ Portion dishes into containers and freeze. Remember to label and date.

Fast freeze ideas – chilli con carne, cottage pie, and bolognese sauce.



What's left?

Using leftovers is a great way to save money and reduce food waste, e.g. using leftover cooked meat from Sunday lunch in a curry.

- ▶ Finely chop leftover vegetables and any leftover cooked meat and add to cooked potatoes, couscous, rice or pasta to make a fast meal.
- ▶ Use leftover vegetables and meat to make soups and salads.

What's left? ideas – sandwiches, quiche and bubble and squeak.

