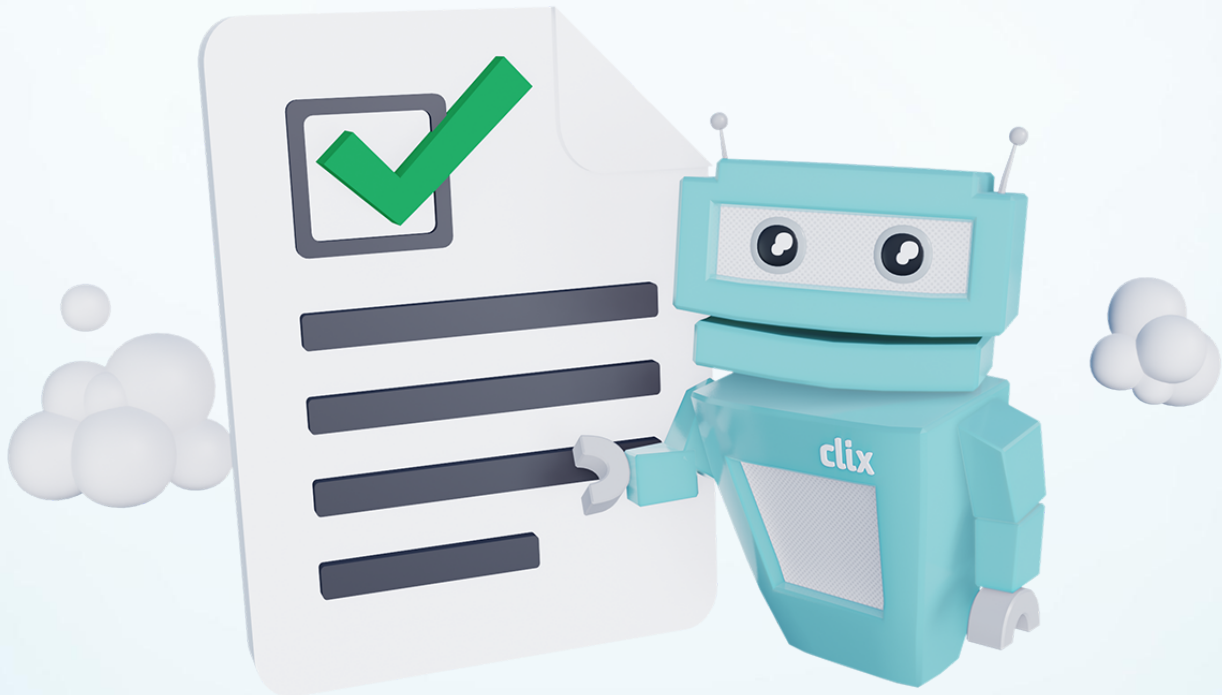


# Home Ec

Research tips: Task 1: Nutritious Meals on a budget



## How to save money when buying ingredients and cooking meals

Have a look at information from the following websites which could be useful when researching this particular task.

Website 1:

<https://goodfoodireland.ie/blog/good-food-on-a-budget/>

Here are some top tips:

- **Use a slow cooker**

This way you can utilise cheaper cuts of meat e.g. lamb shanks, pork belly for long-slow cooked dishes. These can be left to cook during the day while parents are at work or minding children.

- **Canned pulses**

Peas, beans, lentils are a brilliant, economical way of adding vegetables and protein to dishes. If you want to be even more money savvy, buy dried pulses which come in larger quantities for less money.

- **Have a meat free night**

Encourage a meat free night at least once a week. This will reduce spending on meat that is often expensive. It is also beneficial from a health perspective.

- **Make a weekly meal plan**

Make a weekly meal plan before you go shopping. It will focus your attention on what you know you want, reducing the need to impulse buy things that will never get used.

- **Never go shopping on an empty stomach**

If you do, you are more inclined to buy foods that you do not need or are not on your shopping list.

- **Batch cook meals and freeze in portion sizes.**

That way you save time and fuel costs by doing it all in one go. Also, you have ready-made meals in the freezer, saving you money on buying a takeaway when you don't feel like cooking.

Website 2:

<https://mabs.ie/blogs/6-tips-to-save-on-your-weekly-food-shop/>

- **Shop only once a week, if possible**

You are likely to spend more if you go shopping more than once a week. Unplanned shopping trips for one or even two things might result in you purchasing extras. You will also make a saving on your transport costs.

- **Make use out of coupons and loyalty cards for supermarkets**

Put them in your purse so you don't forget to bring them with you e.g. in Dunnes Stores you get €10 off every €50 you spend. If you have the loyalty app make sure you are logged in. This app also provides information on items that are on offer that week.

- **Bring your own shopping bags**

This will save you the expense of buying plastic bags and is more sustainable for the environment. If you need to replace your reusable shopping bags, look for strong, durable bags that may cost more initially but will last longer.

- **Be aware of prices and do a supermarket shop comparison**

Often there will be a significant difference. Visit [www.supermarket.ie](http://www.supermarket.ie) to do your comparisons.

- **Consult food waste websites**

Use the website [stopfoodwaste.ie](http://stopfoodwaste.ie) for useful ideas on how to reduce food waste and therefore cut down on food bills.