

CLEVER SHOPPING

GENERAL

WHAT IS CLEVER SHOPPING?

Clever shopping is all about planning your meals ahead of time and thinking of how you'll use the food you buy. This makes shopping easier, quicker and cheaper and also means you won't waste food, or have to keep nipping back to the shops during the week.

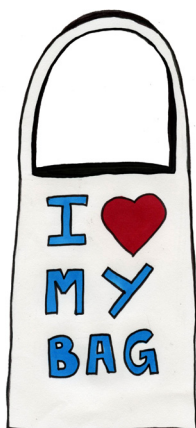
TOP TIPS: BEFORE YOU HIT THE SHOPS

Once you know what you want to eat that week, write your shopping list. Try to organise it in the same order you would normally walk around the grocery store. For example, if you know your local supermarket keeps the fruit and vegetables near the entrance, put those things at the top of your list so you pick them up first. Writing your list this way will make navigating your way around the supermarket a lot quicker, and make it less likely that you'll miss something. Look for seasonal produce, especially fruit and veg, as it will be much cheaper when there's a glut of it (see *Seasonality and sourcing your food*, or check out: www.eattheseasons.co.uk).



Keep a few sturdy reusable bags that you can take with you every time you go shopping. They're much better for the environment, plus they won't split on the way home from the shops!

TOP TIPS: HITTING THE SHOPS



Think about where you do your shopping. Fruit and vegetables are often much cheaper at markets than they are at supermarkets, so you've got a local fruit and veg market nearby, try going there first.

Butchers and fishmongers are also wonderful places to shop. Don't be afraid to go in and speak to them; they are there to help you and will often have good cooking tips, too. Any good butcher or fishmonger will be happy to prepare things for you, which is great if you need something specific for a recipe, like a certain weight of stewing beef cut into 2cm chunks, or a scaled and filleted fish.

Beware of falling into the 'special offers' trap. Supermarkets often have deals like *half off*; *buy one, get one free*; *three for the price of two*; or *buy one, get one half price*. These are great if they are for something you need, or use a lot of, but don't be tempted to buy things that you wouldn't normally buy, otherwise you'll have wasted food, and money.

TOP TIPS FOR CLEVER COOKING

If you do pick up a big batch of chicken, sausage, fish, vegetables or mince, try the following ideas and freeze any extra portions:

- chicken thighs: big chicken curry
- sausages: sausage stew
- fish: fish pie
- vegetables: large pot of soup

Make sure you make the most of leftovers by using them the next day, for example:

- Leftover roast meat can be shredded and used to make great shepherd's pie, curry or sandwiches for school or work.
- Leftover roast chicken can be shredded and used the next day for sandwiches, in chilli con carne-style dishes or added to a salad.
- A big batch of Bolognese sauce can be used with spaghetti one evening, and a jacket potato with salad the next.
- Leftover soup or stew can be mixed with a bit of pasta and cheese for a quick and easy dinner.
- Stale bits of bread can be whizzed into breadcrumbs and kept in a bag in the freezer to use as a topping for pasta bakes or in stuffing.
- Leftover mashed potato can be used as a topping for fish, shepherd's or cottage pies, or simply reheated and served with a chicken breast for a quick dinner.
- Leftover vegetables can be really nice tossed in salad dressing then served cold with a piece of grilled meat, or quickly stir-fried and served with noodles or rice.