

# Food Shopping tips

A young person's guide for Caerphilly CBC

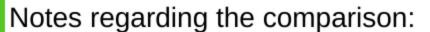
Resource 9 of 12





You may also like to read these resources:

- Money- I need some!
- Money- putting some aside
- Budgeting



- It was not always possible to compare exactly the same size item
- The price comparison is meant as a guide to see how prices may compare depending on the item you choose
- Prices were correct on May 2023 but prices can change regularly in each shop
- Unbranded items chosen were each supermarket's standard product
- The supermarkets and products chosen are examples only and are not endorsed by Children in Wales.



Here we have taken some popular items in a popular supermarket and compared branded and non branded equivalents.

Weight

How many grams (g) in a kilogram (kg)?

1 KG = 1000g 3/4 KG = 750g 1/2 KG = 500g 1/4 KG = 250g Volume

How many mililitres (ml) in a litre (L)?

1 L = 1000ml 3/4 L = 750ml 1/2 L = 500ml 1/4 L = 250ml

Pints and litres?

1 pint = 568ml

# Price Comparison- Supermarket

## **TESCO Branded Products**

• Tetley Tea Bags (80 Bags)	• £2.60
• Semi skilled milk (2 pints)- Cravenda	le • £1.95
• Kellogg's Corn Flakes (450g)	• £1.89
Hovis White Bread (800g)	• £1.10
<ul> <li>Cathedral City Medium Strength Che</li> </ul>	ese • £2.99
(390g)	
• Chicken Breasts (1kg)- Willow Farm	• £7.00
<ul> <li>Potatoes (2kg)- non brand</li> </ul>	• £1.50
Birdseye Frozen Peas (800g)	• £2.30
• Richmond Sausages (8 pack/454g)	• £2
Coca Cola (2x 1.5L)	• £4.49
<ul> <li>McVities Chocolate Digestives (433g</li> </ul>	• £1.69
Silver Spoon Sugar (2kg)	• £1.25
Heinz Tomato Ketchup (910g)	• £3.00
Heinz Baked Beans (4 tins)	• £3.00
	TOTAL £36.76

VS

SAVING WHEN BUYING NON BRANDED £15.27

## **TESCO Non-branded Products**

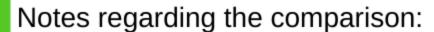
- £1.55 Tea Bags (80 Bags)
- 95p
   Semi skilled milk (2 pints)
- 60p Corn Flakes (500g)
- 60p White Bread (800g)
- £2.30 Medium Strength Cheese (400g)
- £5.40 Chicken Breasts (1kg)
- £1.50 Potatoes (2kg)
- £0.80 Frozen Peas (1kg)
- £1.70 Sausages (8 pack)
- £2.60 Cola (8 cans)
- 60p
   Chocolate Digestives (300g)
- 69p Silver Spoon Sugar (1kg)
- £1 Tomato Ketchup (890g)
- £1.20 Baked Beans (4 tins)

**TOTAL £21.49** 

## Delivery

Some supermarkets offer delivery. Think about:

- The cost of delivery
- The minimum spend needed. Can you afford this?



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Here we have taken some popular items in two popular supermarkets and compared their prices.



When looking at the price per kg of each item, Lidl was the cheapest for most product used in the example.

# Price Comparison

# ASDA Non-branded products

• Instant Roast Coffee (200 grams)	• £3.00
Semi skilled milk (4 pints)	• £1.55
• Corn Flakes (500g)	• £0.85
White Bread (800g)	• £0.75
Medium Strength Cheese (400g)	• £3.00
Chicken Breasts (900g)	• £6.60
• Potatoes (2.5kg)	• £1.30
• Frozen Peas (1kg)	• £1.40
• Cola (2L)	• £0.70
Chocolate Digestives (300g)	• £0.85
• Eggs (6 medium eggs)	• £1.45
Tomato Ketchup (500 ml)	• £1.35
Baked Beans (1 tins)	• £0.27

**TOTAL £23.07** 

#### **Travel**

Think about how you get to the shop of your choice. If there is a shop close to you, this may be the cheapest option. For example if ASDA is close and Lidl is a £4 bus journey away there might be little in it

**DIFFERENCE BETWEEN SHOPS** £6.08

## LIDL Non-branded Products

- Instant Roast Coffee (200 grams) • £1.99
- Semi skilled milk (4 pints) • £1.60
- Corn Flakes (500g) • £0.63
- £1.00 • White Bread (800g)
- Medium Strength Cheese (400g)
- Chicken Breasts (1kg) • £5.35
- Potatoes (2.5kg) • £0.89
- Frozen Peas (900g) • £0.59
- £0.47 Cola (2L)
- Chocolate Digestives (300g)
- £1.29 Eggs (6 medium eggs)
- £0.45 Tomato Ketchup (500 ml)
- Baked Beans (1 tins) • £0.22

**TOTAL £16.99** 



You may also want to try your local market when buying food. Prices can vary but in a market you can buy the exact amount you need, reducing food you waste.

Caerphilly County Borough Council

- Caerphilly Farmers Market
- Caerphilly- Castle Court Craft and Food Market

CHOICE



Shops

- There is perhaps an overwhelming amount of choice both on the types of shops and what each shop sells.
- This can make it hard to know if you are getting good value
- It is important to shop around a little to understand where you can save



For 'convenience' shops are selling preprepared food such as ready grated cheese and pre cut carrots.

This is often much more expensive than unprepared food.

For example:

- Grated cheese (250g)- £7.60 per kg
- Block of cheese (460g) £5 per kg

## Brands

- You can save so much money by not buying brands, it is worth thinking about what items you buy
- If however, you only want that specific brand you still need to shop around
- Many shops fight each other for the best price on a brand name
- Also don't forget shops such as B&M and Home Bargains sell a large range of branded products usually at good prices
- It is worth remembering branded and non branded products are sometimes made in the same factory!

Here we will look at the range of choices when it comes to shopping for food. Choice in terms of where to go and what to buy.....

# Where can I go?

There are so many places you can go to buy food

- Supermarkets include Tesco, ASDA, Morrisons and Sainsbury's
- · 'Discounters' include Aldi and Lidl
- Convenience include: Coop, Tesco Express and NISA Local
- Other shops include Iceland, B&M, Home Bargains, Poundstretcher, Poundland
- Local markets- often have fruit and veg stalls, butchers etc
- When thinking about where to go, also think about the cost of getting there and back. Do you need to get a bus? Can you walk?

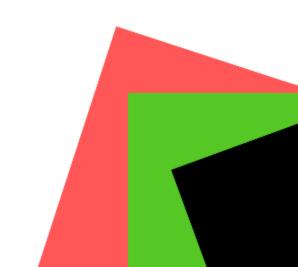
Usually, but not always a convenience shop will be more expensive than buying in any of the others but it will be closer to your home.

T. British
Mature Cheddar
Cheese 460G

£5 per kg
1.084810702/5 57545877906/05

#### Cheapest?

- Prices can be very confusing
- The best way to know if you are getting value is to look at the price per kg that is displayed on the shelf price
- The lower the number the cheaper it is!





#### **Useful websites**

#### Food safety and waste:

- https://www.lovefoodhatewaste.com/
- https://www.food.gov.uk/food-safety

#### Food comparison and saving money

- www.latestdeals.co.uk/
- https://www.moneysavingexpert.com/

#### Recipe ideas etc

- https://www.bbcgoodfood.com/feature/ budget
- http://allrecipes.co.uk/recipes/tag-5555/budget-cooking-for-one.aspx
- https://www.jamieoliver.com/recipes/ca tegory/course/cheap-cheerful/





Here are some useful tips for saving money and reducing your waste.

### Waste

As a country we waste about a third of the food produced. A significant part of this is household food waste which means wasted money.

Ways to reduce your waste therefore **save you money**:

- · Only buy what you need
- Make a shopping list before you go shopping
- Follow the storage instructions on packets
- Get boxes or bags to put your leftovers in
- The freezer is your friend! Freezing food close to their use by date will make them last longer.
- Split packs of meat into smaller meal size portions and freeze them in separate bags.
- Use an app such as Supercook to get recipes for what you have left in the fridge

You also need to make sure you following recycling guidelines where you live. If you put food waste in your rubbish you may get fined.

https://www.rctcbc.gov.uk/EN/Resident/BinsandRecycling/Whatgoesinyourbin/FoodRecycling.aspx

#### Best Before v Use by

- A best before date is a guide date. It does not mean you can't eat the food after this date. It should last much longer than this
- Use by- a strict date by which you should use the food (the date does not count if you have frozen the food before the use by date)

## Packet size

- When shopping pay attention to the size of the packet or bottle.
- They are often packaged to look bigger than they really are
- An example is Poundland selling a 4 pack of Walkers crisps when in Supermarkets they may be a 6 pack or 8 pack.



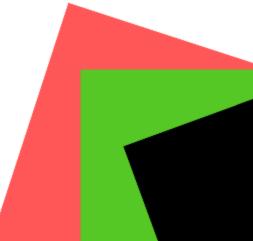
- To get food at a low price or free, you could try the Too Good to Go or Olio apps.
- These offer food that would otherwise get thrown out at a very low price or FREE to pick up
- Places offering food include restaurants, hotels and supermarkets

## **Discounts**

There may be ways of getting discounts on items:

- Supermarkets sometimes have a money off voucher in a newspaper.
- A supermarket magazine may have money off vouchers for the shop or certain products
- If you go to the shop in the early evening there are sections of 'reduced' items that are still perfectly fine to eat but have a short date. They usually have an orange or yellow sticker





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# Apps

There are apps for your phone like Olio or Too Good to Go, No Waste and Karma that are trying to reduce their food waste. So at the end of the day or week they will sell off their excess stock and you may get a really good deal as well as doing your bit to save the environment.



