

# Money Matters

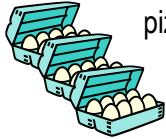


Name:

Read the info carefully and use it to help you to answer the questions.

How much money you have can influence what you can afford to buy.

It's always a good idea to set aside a sum of money for food, either for a day, week or month. This will influence what ingredients you buy, how much you buy and where you shop. Plan out what you like to eat and compare it to the money you have. For example, you might like to buy a ready made pizza, but it would be cheaper to make one yourself.



If you plan the types of food you are going to cook, you can save money by buying items in bulk or ingredients that can be used in more than one recipe, e.g. eggs, pasta, mushrooms, cheese.

Some recipes can use **expensive ingredients**. Decide whether you need to choose another recipe or whether an alternative ingredient could be used. For example, a spice called saffron is often used to add colour, but is expensive. To save money, you could leave out saffron or use turmeric powder instead.

Other recipes might use a large quantity of one fairly expensive ingredient, say lean minced beef to make a cottage pie. You could use half the amount of meat and add beans, lentils or soya mince which are cheaper.

The recipe might include fresh fruit or vegetables that are not in season. You could use a canned or frozen version instead, or use an alternative? This would make buying the ingredients cheaper e.g. canned or frozen spinach instead of fresh, or swapping spinach for broccoli.

It's often cheaper to buy fruit and vegetables from a market.

Shops often offer special bargains on foods, such as 50% free or 'buy 1 get 1 free'. Look out for these when you shop.

If you buy in bulk, make sure you can store it. If you can't store the extra food, or it goes 'off' before you use it, you will not have saved money.



Go for different cuts of meat. For example, chicken legs are cheaper than breast. Cheaper minced beef may contain more fat, so you need to make a choice. (The fat could be removed during cooking.)

It is often cheaper to buy canned or frozen fruit and vegetables, but all types of fruit and vegetables are important in a healthy, balanced diet.



You've been shopping and the food is stored away safely. However, you can still save money by using the food you have wisely and creatively.

## Some top tips:

- \* Save left-overs for another meal - make sure you store it and re-heat it properly.
- \* Rice, noodles and pasta can form the basis of lots of different meals - they are good value and can be kept for a long time.
- \* Make ingredients go further by using them in more than one recipe. For example, mushrooms could be used in a stir-fry one day, and in a risotto the next.
- \* Learn how to cook more dishes - soups, stews, pizzas, stir-fries, curries and pasta dishes can all use ingredients left in the fridge - be creative!

There are some foods that can be used in a variety of recipes and dishes so it is a good idea to have a stock of them in your kitchen, for example:

- \* A variety of dried pasta, rice and cous cous;
- \* Dried herbs and spices;
- \* Canned or frozen fruit and vegetables;
- \* Canned beans and pulses such as red kidney beans or chickpeas;
- \* Canned fish, e.g. tuna.

**Activities:**

1. Many ingredients can be used in a wide range of recipes. Use recipes books to find 3 recipes that use the following ingredients:
- Tinned tomatoes: \_\_\_\_\_
  - Mushrooms: \_\_\_\_\_
  - Pasta: \_\_\_\_\_

2. Buying in bulk can save money. Name 5 items that can be bought in packet sizes **over** 1kg in weight.

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3. Substituting expensive ingredients with cheaper varieties. Name 5 foods that are sold in supermarket own brand as well as well known brands.

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4. Looking out for bargains and special offers while shopping can save you money. Buy one get one free is one type of special offer. Name 2 other types of special offers or bargains that can save you money when shopping.

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5. Saving left-overs to use in for other meals is a great way of reducing your shopping bill. Name a dish that could be made with each of the following left overs.

<b>Left overs</b>	<b>Meal using left overs</b>
Roast chicken	
Mashed potatoes	
Boiled rice	
Pasta shells	