

EAT WELL FOR LESS

With a few tips and tricks everyone can shop, cook and eat well for less.

LEARN HOW:

eatwellforless.info

WIN

FESTIVE SHOPPING VOUCHERS

Head online for a chance to win one of our festive food shopping vouchers. We have **£1,000** to give away. Closes 4 December 2026.

TIPS & TRICKS



Shop smart:

A few smart shopping habits can make a difference. Learn how to compare prices, make the most of offers and choose the best-value option. Our team of grocery insiders share their tips online.



Make meals go further:

Bulking out your family favourite meals with beans, pulses and veg adds depth, flavour and fibre and are such great value. Find out how with home cook Lauren Leyva.



Reduce food waste:

Using what you already have, storing food well and finding easy ways to use leftovers can help your food shop go further. Go online for eco-chef Tom Hunt's top tips.



Batch cook:

Cooking several portions at once can help you make the most of ingredients, use up what you have and keep easy meals ready for busy days. Go online for The Batch Lady's guide to getting started.



Serving for success:

Making changes to family meals can sometimes be stressful. Creating a calm, positive atmosphere and engaging your children can help you avoid battles. Find out online with Dr Clare Holley.

BANG IN SOME BEANS