



# Using Your Time Wisely.

## Helpful tips on saving grocery bills

Continued from last edition of PraiseReel

by Abosede Adentan

**Be a smart shopper. Bargain-hunt. Avoid impulse buying, shop with a list, and don't buy groceries when you're hungry. Experiment, maybe money-off coupon clipping is a good idea, but perhaps a home-shopping channel is not. (Prov. 31:14 & 21).**

A meal planner will revolutionise your shopping. It takes a little bit of effort - you'll need to find half an hour to think "food thoughts".

### **Meal planner**

Each week includes only 5 planned days. Weekends are left free so you can go to the shop and choose something you fancy or get a takeaway.

On a rough piece of paper, list 20 meals that your family enjoys. Do it in groups of 4 or 5 food types, so say you start with pasta, find 4 pasta dishes for your list. Then maybe chicken dishes, then fish. Simple foods like pizza or sausages can be listed as well as more substantial meals like roast chicken.

---

***"Your meals don't have to be complicated to be tasty. Nor do they have to contain lentils to be healthy!"***

---

Now, take your chart and start to fill in the boxes from your list. Roughly balance the weeks by including a pasta or rice dish, a chicken recipe, and a fish recipe each week. Add matching accompaniments to each dish such as potatoes, boiled, baked, roast or chipped. And balance the meal with a vegetable. You can now write next week's shopping list from the first week of your Planner.

### **Tips**

Your meals don't have to be complicated to be tasty. Nor do they have to contain lentils to be healthy! "Junk" food made at home with good quality ingredients can be just as healthy and appeal to the kids. Homemade pizzas, chicken nuggets and burgers can sit comfortably side by side with more grown up food.

Keep the "five alive" guideline in your mind... we should be eating 5 portions of fruit and vegetables every day: a glass of orange juice at breakfast and ice cream/ pudding for afters.

On days when you know you won't be at your best (Fridays?) or when you're often rushed, plan a simple meal like sausages and chips. Use days when you often have more time or energy for meals that take longer to prepare.

Think about your time table... for example, could you pop a chicken and some jacket potatoes in the oven to be ready when you get home from work or an after school activity? Is there a time you could make one or two things for the freezer that you can just reheat during the week?

Get your children as involved as possible in the planning - they might be encouraged to help do shopping lists and even cook.

