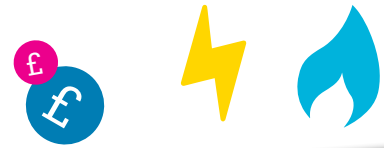


## Top Tips

### Reduce energy when you are cooking

- Only boil as much water as you need.
- Use a kettle to boil water rather than bringing cold water to the boil on the hob.
- Use a steamer to cook vegetable over potatoes/ rice or pasta (if you haven't got a steamer use a medium/ large saucepan and sit a colander on top and cover with the saucepan lid).
- Use the right sized ring. Make sure the saucepan completely covers the gas/ electric ring.
- Pop a lid on the pan to avoid wasting heat unnecessarily.
- Instead of cooking every night batch cook and then just reheat food on subsequent days.
- Use the microwave more because it is smaller and faster, a microwave is generally the most cost-efficient way to cook and reheat food.
- Try to pre-heat your oven for just a few minutes and switch it off five minute before your food is done.
- Cook several things in the oven at the same time.



### Slow Cooker Tips

- Use cheaper cuts of meat.
- Brown meat before adding.
- Place frozen veg directly into the cooker.
- Add dairy products such as crème fraiche or natural yoghurt at the end.
- Transfer any leftovers to a different container to refrigerate.

### Food budgeting tips

- Plan several meals together.
- Visit the supermarket less often aim for once a week.
- Buy in bulk, if possible, a kilo bag of rice will be proportionately cheaper than a 500g bag.
- Bulk cook if possible 1.5k pack of mince to make 3 lots of bolognese sauce or chilli.
- Bulk up stews and other meat dishes such as lasagne with a can of green lentils or dried red lentils.
- Look out for sale items near their use by date - purchase and freeze immediately and cook on another day.
- Freeze bread.