

Top Tips for Breakfast on a budget

- Plan your meals / breakfast for the week, make a list and stick to it.
- Think about buying fresh fruit and veg that is in season as it is usually tastier and cheaper.
- Downshift your brands— buy supermarket own brands.
- Buy frozen: fruit is great for smoothies and breakfast with porridge, cereals and natural yoghurt.
- Frozen fruit / vegetables are picked at the peak of freshness and then frozen to seal in their nutrients.
- Freeze bread and use what you need when you need it to avoid waste.
- If you are able to buy in bulk (oats, cereals, beans) this can save money in the long term and offer better value for money.
- Beware of BOGOF offers, these tend to be on less healthy items.