

## Shopping on a Student Budget Money Saving Tips

- Try supermarket own brand labels – they may taste just as good and be much cheaper than branded goods.
- Take advantage of special offers for items you would normally buy, e.g. buy one get one free, 3 for 2 etc.
- Make a list and stick to it. This will help you avoid buying items on impulse.
- Look out for discount shelves or items in the reduced section. The evening is a good time to pick up reduced goods.
- A weekly shop is much more economical than lots of little trips to shops.
- Don't shop when you are hungry.
- Plan a weekly menu and cook with housemates/friends, sharing costs.
- Avoid ready prepared meals and expensive take aways. If you can't cook - learn
- Make your own sandwiches for lunch.
- Check out local markets for cheap fresh fruit, vegetables and meat. St Georges Market is open for business each Friday and Saturday. [www.belfastcity.gov.uk/stgeorgesmarket/index.asp](http://www.belfastcity.gov.uk/stgeorgesmarket/index.asp)
- Buy the fruit and vegetables which are in season, they will always be cheaper.
- Fresh fruit and vegetables that need washing and cutting will be much cheaper than prepared items.
- Small local convenience stores are often dearer than the large supermarket chains. Try to avoid doing your main weekly shop in these.
- Some Supermarket chains will deliver, and while there will be a charge for this it may be no more than the bus or taxi fare (less if you split with your housemates), it will allow you to stick up on certain items and prevents impulse buys.
- Check out the unit price for items on the supermarket shelf price tag. For example, when buying washing powder this will show the price per kg on different brands of washing powder. You can then compare these to get the best value for money.