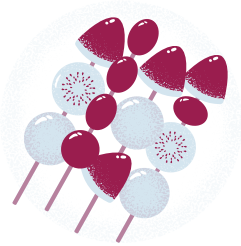
Eating well on a budget

Search these websites for healthy Budget-friendly recipes

NHS Healthier Families Recipes
Quick, healthy and tasty, these are perfect for beginners or busy parents.

BBC Good Food – Cheap Eats
Delicious, easy recipes using standard ingredients. Look for their "Budget" and "Healthy" tags.



Tesco Real Food Budget
These practical, economical meals make smart use of store cupboard staples and seasonal vegetables.

The British Heart Foundation
Easy and speedy meals made from low-cost kitchen cupboard essentials.

Reduce Food-Waste by Shopping Smart

Too good to go
Use this app to buy a "Surprise Bag" of unsold food from local shops just before closing time, often for less than half the original price.

Supermarket reductions
Yellow stickers indicate reduced prices on fresh food nearing it's Best Before date. The biggest discounts can usually be found later in the day.

Community Support

Help available when you need it

Trussell.org.uk: Search the Trussell Trust website to find your local foodbank, and to find out where you can get a food voucher referral.

Healthystart.nhs.uk/how-to-apply: If you're more than 10 weeks pregnant or have a child under 4, you may receive help to buy healthy food and milk.

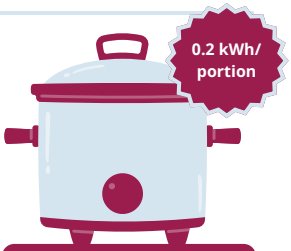
Free School Meals: All children in Reception and Years 1 and 2 get free meals. Older children could be eligible if you receive certain benefits (e.g. Universal Credit).

Citizensadvice.org.uk: Your local Citizens Advice can help with benefits checks, budgeting, food vouchers and wider support to help you with your bills.

citizens advice 1066

Save energy while cooking

Switching from an electric oven (0.8kWh/portion) to a smaller appliance for most meals is an easy way to save on your energy bills. Here's how they compare:

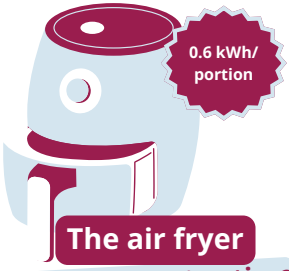


The slow cooker

Lowest power usage

Energy-saving benefits
Uses about the same energy as an old-style lightbulb, but over a long period. Extremely efficient and can cook several portions.

Best for...
Large batch cooking, stews, casseroles and curries. Makes meat deliciously tender.

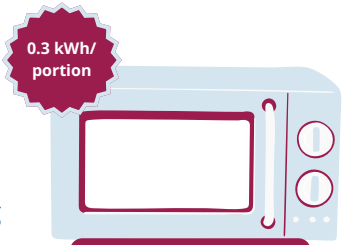


The air fryer

Fastest cooking time

Energy-saving benefits
Although it uses more power than a slow cooker, it cooks food so quickly that the total energy use is still low.

Best for...
Small portions (1-2 people), chips/roast potatoes, chicken pieces, anything you'd use an oven for.



The microwave

Cheapest to run

Energy-saving benefits
Uses less energy for short tasks as it heats the food directly and works in minutes.

Best for...
Heating up tinned soups and beans, reheating leftovers, defrosting, cooking jacket potatoes (tip - 5 mins in air fryer after microwave will give a crispy skin).