

Helping you eat
well for less.

Sanctuary
Supported
Living

taste



Introduction.

Many of us are living on a budget and looking for ways to reduce the amount of money we spend on food. Healthy eating is important, but it doesn't need to be expensive!

With these tips, you can save money while still enjoying tasty, nutritious meals.

Nutrition for all ages.

Nutrition is how food and drink affect your body. It's important to make sure you get the right amount of nutrients by choosing the right foods to eat. All foods contain different nutrients that your body needs, and these are:

- › Carbohydrates
- › Proteins
- › Fats
- › Vitamins
- › Fibre
- › Minerals



The food you put into your body has an impact on your health, both physically and mentally:



Gives you energy

Your body gets the energy it needs from the food you eat - mainly carbohydrates, fats, and protein.

Foods like wholegrain bread and starchy vegetables are digested slowly, releasing energy over a longer period.



Elevates your mood

A diet rich in iron, omega-3 fatty acids and iron protein, positively affects your mood.



Improves your wellbeing

Having more energy allows you to be more active, which in turn improves both your physical and mental health.



Boosts your immune system

Your immune system is your body's defence system; it helps fight against illness and disease.

Government recommendations for energy, macronutrients, salt, and dietary fibre

Age	1		2 - 3		4 - 6		7 - 10		11 - 14		15 - 18		19 - 64		65 - 74		75+	
Gender	Male	Female	(M)	(F)	(M)	(F)	(M)	(F)	(M)	(F)	(M)	(F)	(M)	(F)	(M)	(F)	(M)	(F)
Energy (kcal/day)	765	717	1088	1004	1482	1378	1817	1703	2500	2000	2500	2000	2500	2000	2342	1912	2294	1840
Macronutrients																		
Protein g/day	14.5	14.5	14.5	14.5	19.7	19.7	28.3	28.3	42.1	41.2	55.2	45	55.5	45	55.3	46.5	53.3	46.5
Fat g/day (less than)	/	/	/	/	58	54	71	66	97	78	97	78	97	78	91	74	89	72
Saturated fat g/day (less than)	/	/	/	/	18	17	22	21	31	24	31	24	31	24	29	23	28	23
Polyunsaturated fat g/day (less than)	/	/	/	/	11	10	13	12	18	14	18	14	18	14	17	14	17	13
Monounsaturated Fat g/day	/	/	/	/	21	20	26	25	36	29	36	29	36	29	34	28	33	27
Carbohydrate g/day (at least)	/	/	145	134	198	184	242	227	333	267	333	267	333	267	312	255	306	245
Free sugars g/day (less than)	/	/	15	13	20	18	24	23	33	27	33	27	33	27	31	26	31	25
Salt and fibre																		
Salt g/day (less than)	2	2	2	2	3	3	5	5	6	6	6	6	6	6	6	6	6	6
Fibre g/day	/	/	15	15	15 (4y) 20 (5-6Y)	15 (4y) 20 (5-6Y)	20	20	25	25	30	30	30	30	30	30	30	30

Foods to support all needs.

Vitamins, minerals and fibre

Fruit and vegetables are a good source of vitamins, minerals, and fibre. They should make up over a third of the food we eat each day yet a lot of us fail to eat enough. You should aim to eat at least five portions (80 grams per portion) of a variety of fruit and veg each day. You can choose from fresh, frozen, or tinned.

Carbohydrates

Starchy foods are a good source of carbohydrates and the main source of a range of nutrients in our diet. Starchy food should make up just over a third of the food we eat.

Choose higher fibre wholegrain varieties, such as wholewheat pasta and brown rice (these are higher fibre versions of white bread and pasta).

Protein

Milk, cheese, and yoghurts are really good sources of protein and some vitamins. They're also an important source of calcium, which helps the development of healthy bones, teeth, and nails. Healthier options such as lower-fat and lower-sugar products are recommended where possible e.g. low fat milk, reduced-fat cheese, or fat free yoghurt.

Meat, poultry, and fish are good sources of protein, vitamins, and minerals. Pulses such as beans, peas and lentils are also very good. When buying meat, try to choose lean cuts of meat and mince, and eat less red and processed meat like bacon, sausages, or ham.

It's advised to eat at least two portions of fish every week, one of which should be oily, such as tuna, salmon or mackerel.



Eat at least five portions of a variety of fruit and vegetables every day.



Sugary snacks

Eat food such as chocolate, crisps, and sweets less often and in small amounts



Fruit and vegetables.



Bread, pasta and potatoes.



6-8 glasses a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar.

Eat more beans and pulses, two portions of sustainably sources fish per week, one of which is oily. Eat less red and processed meat.

Proteins, fish and meat.



Choose lower fat and lower sugar options

Dairy

Oils and spreads.

Choose unsaturated oils and use in small amounts

Support available

Food banks

The Food Bank is a non-profitable charity which is run through a group called The Trussell Trust. Its primary goal is to distribute emergency food to people who have difficulty providing enough food for themselves, or their family, and may be on the brink of extreme hunger.

The Food Bank has many collection points based at local supermarkets in which members of the public can donate acceptable food items, as well as sanitary and hygiene related items. People can also privately donate food or money directly to the charity itself.



Misconceptions with food banks

There might be some negative stigma around using the Food Bank.

Some people believe that they will be judged or treated differently, and when it comes to asking for help, this can really take a toll on somebody's pride.

Many people believe that they have failed if they have to use a food bank to support their family - but this is not the case!

How it works

The Food Bank works off a referral system. If you find yourself in desperate need of food, you can simply contact your local food bank. You will be met with a friendly face and a welcoming environment in which you can discuss your situation with the confidence that there is no judgement, and the information will not be passed on.

Then you will be issued a food voucher by a referral agency – for example, Citizens Advice, health services, job centres, social services, and other front-line agencies. The voucher can be taken to your local food bank in exchange for a food parcel – which is equivalent to three days' worth of food.

An example of a food parcel would include cereal, tea or coffee, soup, beans and tinned pasta, tomatoes, vegetables, potatoes, fish, meat, pasta or rice, cooking sauce, fruit, rice pudding or custard, UHT milk, long life juice, biscuits, crackers, peanut butter or jam, treats, sandwich paste, or a pot noodle.

The food parcel will be made suitable for any allergies, specific dietary needs or religious needs that must be met. The Food Bank considers culturally diverse meals and preferences and will have a range of spices, herbs, and sauces to help people cook their preferred meals and the type of food they enjoy the most.

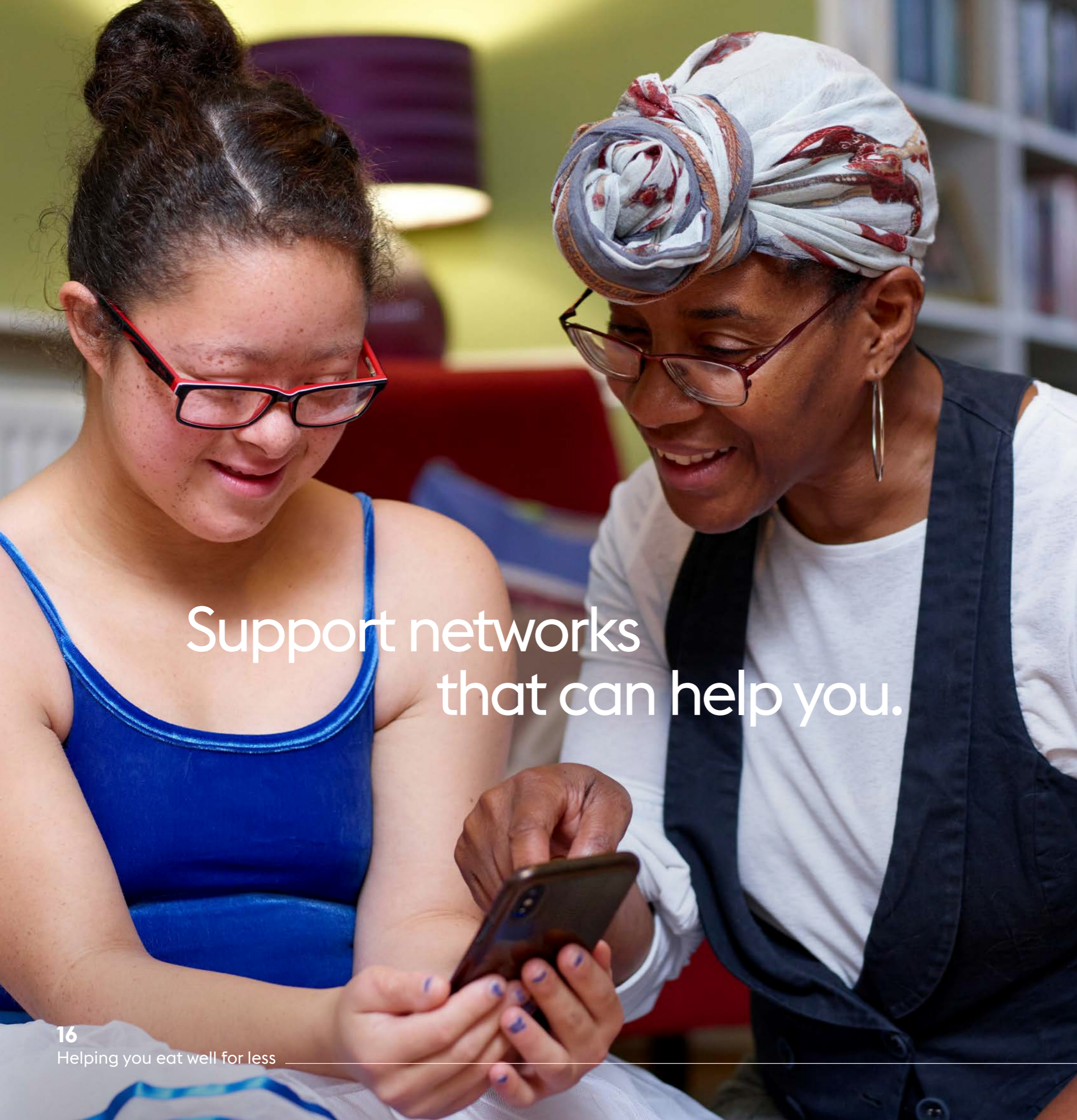


Recipe cards

After you have received your food parcel, you can use the Sanctuary recipe cards to discover exciting meals that can be created with the ingredients you have on hand.

The recipe booklet provides meal ideas which are quick, easy, and nutritious.

Some examples of fun and effortless recipes include sausage and butterbean casserole, spaghetti and lentil Bolognese, garlic and tuna pasta, and banana pancakes. The Food Bank also offer cooking parcels with added herbs and spices to improve the flavour of the dishes you create – the cooking parcel can be accessed at the same time as your regular food parcel.



Support networks
that can help you.



Alternative schemes

Throughout the UK there are other alternative schemes which are tackling food insecurity and are working closely with the members of their community to improve food availability to those who need it most.

Some examples of these schemes are Food Cycle, The Country Food Trust, and Acton Homeless Concern.

Food Cycle:
02077 292 775

The Country Food Trust:
01453 845 592

Homeless Concern:
02089 925 768

Advice and tips.

Cutting the cost of shopping

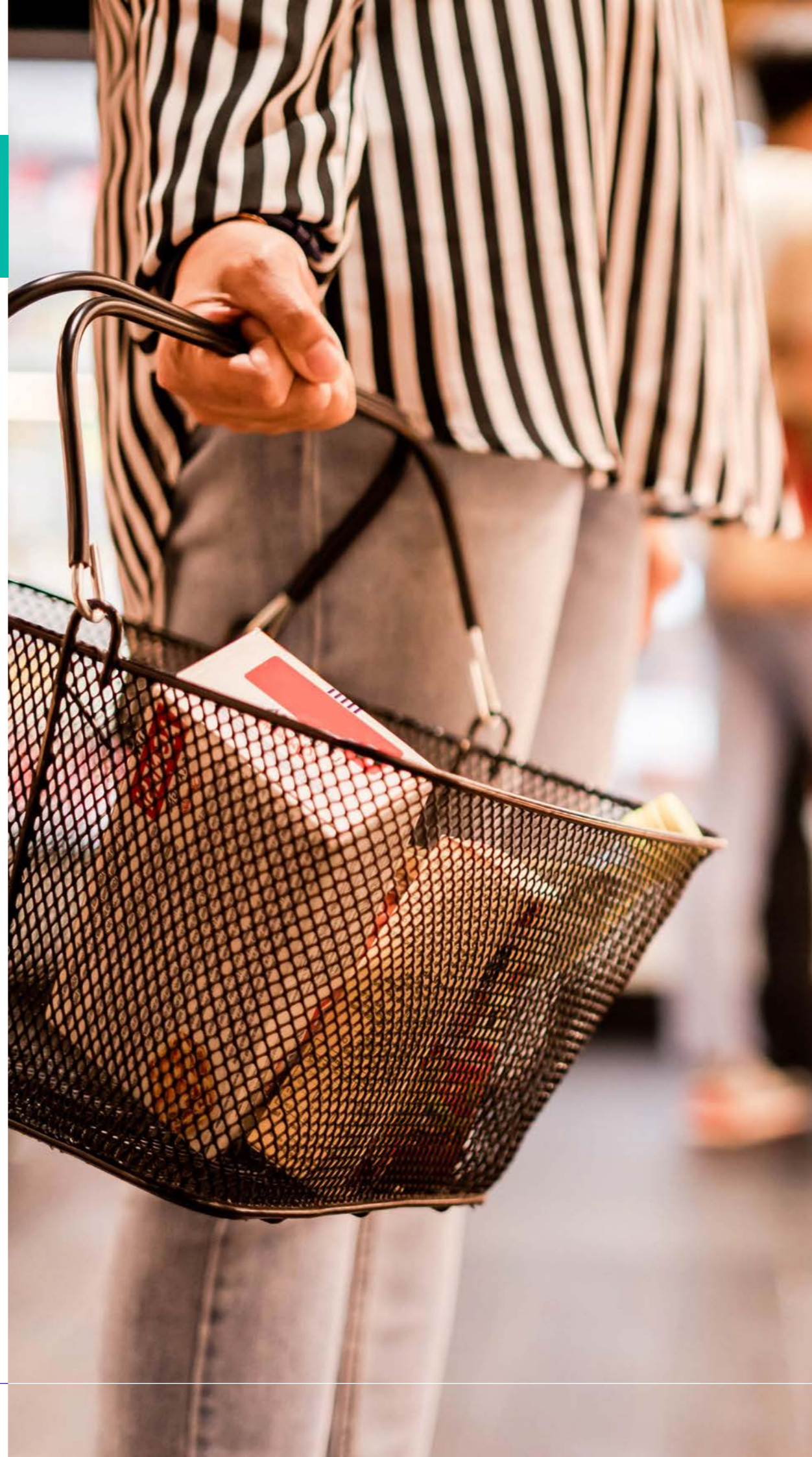
Shops deliberately place the most expensive items in easy to reach places and at eye level. This is through years of research into our shopping habits and it's a sales tactic that's proven to work.

Ever pop in for a bottle of milk or a loaf of bread and leave with lots more? It's because they are placed at the back or in the middle of the store, making you walk past all the "*promotions and offers*" that don't actually save you money because you didn't need them to start with!



Avoid pre-prepared fruit and vegetables

Prepacked and ready-chopped fresh fruits and vegetables are much more expensive because as well as paying for the item, you're also paying for someone to prepare them. Try to buy frozen options because these prices are often more competitive, you can use only what you need, and it will last longer than the fresh options.



Assumptions around frozen foods

There is an assumption that frozen food isn't as nutritious as fresh, and this assumption isn't true. Frozen food is picked, prepared, and frozen almost immediately so nutrients are locked into the product.

Fresh food is often shipped and stored for days after being picked and loses its nutritional value with age.



Bulk buying long shelf-life products

Products that have a long shelf life or non-food products are sometimes cheaper when bought in bulk. You can check this via the price per gram, kilogram or millimetre on foods such as pasta, rice, and tea bags, and non-food items like dishwasher tablets, washing machine detergent and washing up liquid - although this isn't always the case.



Reduce your waste

UK households throw away millions of tonnes of food away each year - over two-thirds of which could have been consumed!

Fruit and vegetables are the most common items thrown away, and they're the easiest ingredients to use for all sorts of options. You could freeze them to use later, or make soups or cakes. You could even use them to bulk out or add additional flavour to other meals and freeze them in batches.

'Used by' dates are there to prevent a health risk, but *'best before'* dates are only a guide, and food is generally still safe to eat after its *'best before.'*



Meal planning

Meal planning a week in advance can help you to only buy the ingredients you need for the week and prevent you from overbuying on foods that you don't.

It also allows you to balance your diet as you forward-plan and it removes the stress of last-minute cooking. If you struggle with meal planning - write a list and stick to it.



Vegetarian dishes

Meat, poultry and fish are good sources of protein, vitamins and minerals but they can be more expensive. Try pulses, such as beans, peas and lentils as a good alternative to meat because they're cheaper, lower in fat, and higher in fibre and protein.



Shop savvy and avoid big brands

Big brands have flashy, attractive looking packaging to trick us into thinking it's a premium product. Often, this is not the case.

Lesser-known brands or shop-own brand items are often just as good quality - if not better! Checking the nutritional value often reveals that big brands contain more sugar in cereals and sauces, and less meat content in meat, poultry, and fish products.

These products are often above or below the eye line, so make sure you scan the whole shelf for alternatives when you're shopping.



Shop around

It might be a little extra travel, but if you have multiple supermarkets around - take advantage of the price wars going on as they try to keep competitive!

Local markets, butchers, and greengrocers can often be cheaper than the supermarkets, and for non-food items such as bin-bags and cleaning products, discount stores can provide additional savings.

Options to help you.



Supermarket loyalty schemes.

Supermarket loyalty clubs are worth joining for the rewards – but remember that you need to spend money there to earn your points.

Make sure you don't fall into the trap of only spending because you're a cardholder – always go for the most competitively priced retailer if you're looking to make savings.

Asda

The Asda Rewards app allows shoppers to earn cashback on selected branded and own-label products. Once shoppers build up enough cash, they can create a voucher in the app, which can be used on their next shop or saved up to pay for a full shop in the future.

Lidl

The Lidl Plus app promises “personalised” discounts that customers can activate at the till. It will also enter you into a £20 scratch card competition every time you scan it.

M&S

At M&S – every week, in every store – one shopper who swipes their Sparks card at the till will get their shopping for free. So if you are making a purchase, remember to scan your card.

Morrisons

My Morrisons (previously known as Morrisons More) also offers “*personalised*” discounts based on your shopping habits. You can also get offers to use online, but you need to use a discount code at the checkout - and paper vouchers can be provided to shoppers without internet access.

Sainsbury's

Sainsbury's is part of the Nectar club, which allows you to pick up one point per £1 spent in-store and online, as well as one point for every litre of fuel purchased at Sainsbury's fuel stations.

Co-op

The Co-op loyalty scheme allows you to earn 2% cashback when you buy selected Co-op own-brand items or services – and 2% goes to a cause in your area. Any money you earn will be paid into your membership account. The account costs a one-off £1 to open.

Tesco

Tesco Clubcard lets you collect one point per £1 spent in-store and online. When purchasing Tesco fuel, you will get one point for every £2 spent. You will also unlock Clubcard Prices, which offers special discounts to loyalty-card holders.



Your guide to saving money

Efficient use of power.

Cooking

Microwaves are much less energy-hungry than an oven and you can use it to cook anything from cakes to pasta dishes! So, if you can, use this to cook or heat your food, instead of using the oven. This could save you as much as £80 each year.

If you need the oven for something like a roast chicken and you have extra space in there, you could cook and freeze another meal at the same time saving money and time.

Heating

Heating your home is expensive. By turning your thermostat down by just 1°C, this can save you as much as £80 per year on your heating bills according to comparison website uSwitch. So, layer up instead - this could make a significant difference to your energy costs.



Lights

It's probably the most obvious energy-saving tip but switching lights off can make a difference to your energy usage.

We use a lot of electricity to illuminate our homes at night. But energy saving lightbulbs like LEDs are far more efficient than conventional ones. They are readily available, low cost, and will save you money too.

Appliances

Unplug any appliances - or even charging cables! - that you're not using, because these can waste electricity. Turning all your electrical appliances off at the switch rather than leaving them on standby can save you around £35 a year according to the Energy Saving Trust.

Sanctuary Supported Living



www.sanctuary-supported-living.co.uk

Sanctuary Supported Living is a trading name of Sanctuary Housing Association and Sanctuary Home Care Limited, both exempt charities
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