

Shopping strategies to maximise your spend



Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe a little planning goes a long way to helping you maximise your shop



shop smart to make the most of your spend...

Shopping can be minefield when you are trying to make healthy and affordable choices. Promotions can encourage impulse purchases, buying more than you need, and are not always a bargain!



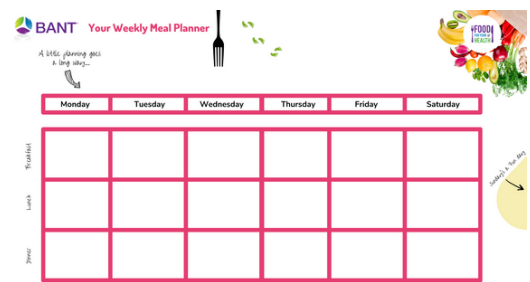
Our top tips for a smart shop

- ✓ Do a quick stock check of your fridge, freezer and pantry
- ✓ Check used-by dates and shelf lives to see which products need using up first
- ✓ Make a list and stick to it
- ✓ Meal plan to focus your spend
- ✓ Focus on seasonal items which are typically more budget-friendly
- ✓ Buy what you need - waste comes at a cost!

How planning ahead can help you spend wisely?



When heading to the supermarket there are plenty of steps you can take before leaving the house to manage your spend - see our tips. Careful planning can help you change habitual shopping behaviours, make healthier choices and spend wisely. Identify the best time for you to shop, and avoid shopping when hungry as temptations can take over and lead to unnecessary impulse purchases. Consider also shopping online so you can select items within your budget without the distractions in store.



Download our meal planner to help you plan