

Staffordshire Independence Programme



MODULE 1:

SHOPPING AND COOKING

If you do not already know, this module will help you to:

1. Cook easy meals on a budget;
2. Shop clever – finding where you can save money;
3. Make a weekly meal plan and shopping list;
4. Eat a healthy, balanced diet and know when you can treat yourself;
5. Prepare and preserve food so that it is safe to eat;
6. Understand use by vs. best before dates on food.



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First off, let's see what you already know...

1. How many portions of fruit and veg should you be eating every day?
 - a. 10
 - b. 5
 - c. 7
 - d. 3
2. Which one of these foods is most likely to contain the most bacteria?
 - a. Cooked chicken
 - b. Tinned cream
 - c. Frozen raw chicken
 - d. Bottled mayonnaise
3. Which of the following tips would save you money when doing your grocery shopping?
 - a. Take a shopping list with you every time
 - b. Shop for what you need every day
 - c. Check best before and use by dates before buying your groceries
 - d. Consider buying some of your essential groceries from the frozen aisle
 - e. Look for pre prepared groceries as this will save you time
 - f. Never shop when you are hungry
4. True or False: You should always make sure that raw and cooked meat is stored separately in the fridge.
 - a. True
 - b. False
5. How long can you store a pre-cooked meal in the freezer before eating it?
 - a. 1 month
 - b. 6 months
 - c. 3 months
 - d. 12 months



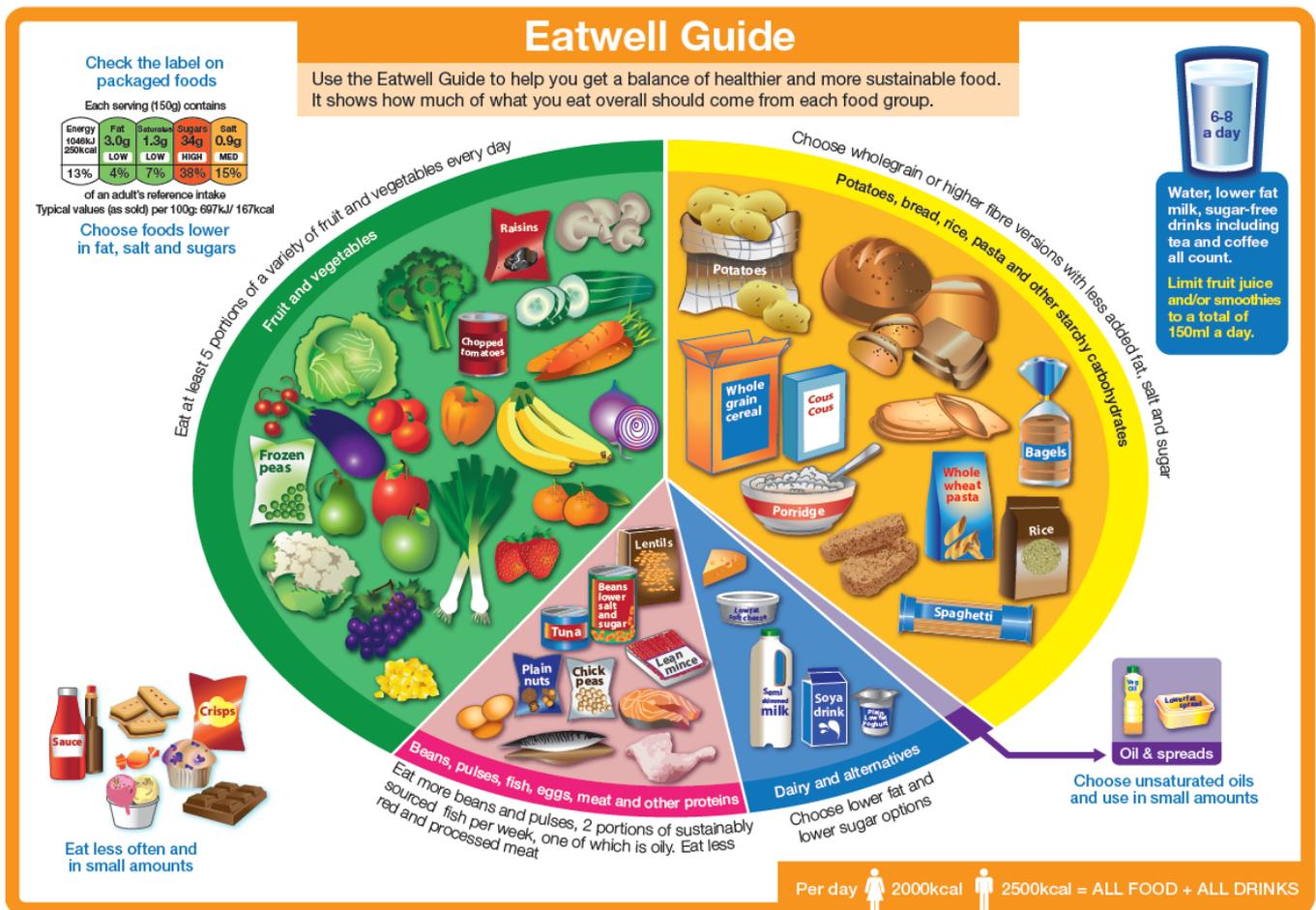
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What is a healthy and balanced diet?

The NHS created the Eatwell Guide to advise on how much of each food group should be eaten per day. They also give some handy tips and examples of foods in each of these groups.

You can use this as a guide for planning meals and doing your grocery shopping.



NHS (2019)



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What will my budget look like?

Depending on whether you are in employment, training or education, or looking for employment, this will have an impact on your budget and the amount of money you have to spend on the essentials such as rent, bills and food, as well as some of things you want. Here are some examples:

Scott:

Scott is 17 and has recently moved into supported accommodation. He is receiving £58.10 from his accommodation provider and £20.76 from a college bursary during term time each week and has to make a £10 contribution for bills. This leaves him with £68.86 each week for everything else he wishes to buy, including food.

Sam:

Sam is 19 and is on benefits. She receives £232.40 per month from Universal Credit and £300 for housing benefit. The housing benefit will be paid straight to her landlord. Her Universal Credit will pay for all other bills including water, gas and electricity etc. Her council tax bill will be paid for by her Personal Advisor until she turns 21. After spending £80 on bills, she has £152.40 left over for everything else for the rest of the month, including food.

* These budgets are examples and may vary depending on individual your circumstances



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Where should I shop?

You will find that some shops are cheaper than others, and when you are living independently you will want to make your money stretch as far as you can.

Think about some household essentials e.g. bread, milk... What else is essential to you? Use the list below to write down your household essentials and go and have a look at how much these items are in different shops e.g. Asda, Tesco, Aldi, Co-Op.

For this, choose up to four shops that are in your area that you might visit.

There may be some shops to avoid when you're trying to manage a smaller budget.

Shopping
List

How much does it cost in...

1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

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What should I cook?

When you have got your essentials, you will then need to cook up some healthy balanced meals, have a go at planning and cooking two recipes of your own.

You could challenge yourself to make a meal with a £5 budget...

<p>Ingredients:</p> <ul style="list-style-type: none">•••••	<p>Method:</p>
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Useful links –

For more information about the Eatwell Guide:

- <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

For more information about storing food safely:

- <https://www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers/>
- <https://www.highspeedtraining.co.uk/hub/how-long-can-you-store-frozen-food-for/>

For more tips on how to save money when doing your weekly shopping:

- <https://www.moneysavingexpert.com/shopping/cheap-supermarket-shopping/>

To have a look at a supermarket comparison site where you can compare prices across a number of supermarkets online:

- http://www.mysupermarket.co.uk/?banner=35311&utm_medium=email&utm_source=affiliate&utm_campaign=MoneySavingExpert&utm_content=MoneySavingExpert