MoneySavingExpert.com

Shopping List

Martin says

1. Attach this list to a fridge or cupboard door.
2. Tick any foods wasted or thrown away.
3. Tick items required during your next trip.
4. Cross items off as you buy them. ~~Rice~~

Martin's top money-saving tips

- Set a budget before you go and stick to it.
- Don't shop when hungry - eat beforehand.
- Try to avoid impulse buys - such as sweets at the till.
- 'Eye level is buy level' - don't forget to scour the higher and lower shelves for the best prices.
- Look out for yellow reduced tickets - after 7pm is a good time for these (consider later visits).
- Brightly coloured display bins don't always mean the best discounts. Know your prices in advance!
- Take the 'downshift challenge' - by trying the supermarkets own or 'no frills' labels.
- 'Waste not want not' - tick items as you throw them away - and try not to buy excessively again.

£ Budget

£ Actual

Before you go

- [ ] Set your budget!
- [ ] Check price comparison sites
- [ ] Coins for trolleys/parking
- [ ] Coupons & vouchers
- [ ] Items to return
- [ ] Loyalty card
- [ ] Frozen food cooler box/bag
- [ ] Packing bags/boxes
- [ ] Prescriptions

Errands

- [ ] Recycling
- [ ] Post letters
- [ ] Collect prescriptions
- [ ] Refunds/returns
- [ ] Dry cleaning
- [ ] Fuel (petrol/diesel)
- [ ] Car wash

At the till

- [ ] Loyalty card
- [ ] Coupons & vouchers
- [ ] Mobile phone top up
- [ ] Lottery tickets
- [ ] Recycling bags
- [ ] Stamps
- [ ] 'Raincheck' vouchers

Fruit

- [ ] Apples
- [ ] Apricots
- [ ] Avocados
- [ ] Bananas
- [ ] Blackberries
- [ ] Blueberries
- [ ] Cherries
- [ ] Clementines
- [ ] Exotic fruits
- [ ] Fruit Salad
- [ ] Grapes
- [ ] Grapefruit
- [ ] Kiwi fruit
- [ ] Lemons/Limes
- [ ] Mangoes
- [ ] Melon
- [ ] Oranges
- [ ] Peaches
- [ ] Pears
- [ ] Pineapple
- [ ] Plums
- [ ] Raspberries
- [ ] Strawberries

Vegetables

- [ ] Asparagus
- [ ] Aubergine
- [ ] Avocado
- [ ] Beans
- [ ] Beetroot
- [ ] Broccoli
- [ ] Cabbage
- [ ] Carrots
- [ ] Cauliflower
- [ ] Celery/Celeriac
- [ ] Chillies
- [ ] Corn
- [ ] Courgette
- [ ] Cucumber
- [ ] Fresh Herbs
- [ ] Garlic
- [ ] Leek
- [ ] Lettuce
- [ ] Mange Tout
- [ ] Marrow
- [ ] Mushrooms
- [ ] Onions
- [ ] Parsnips
- [ ] Peas
- [ ] Peppers
- [ ] Potatoes
- [ ] Radish
- [ ] Speciality Veg
- [ ] Spinach
- [ ] Spring Onions
- [ ] Sprouts
- [ ] Squash/Pumpkin
- [ ] Swede
- [ ] Tomatoes

Pre prepared meals

- [ ] Bagged salad
- [ ] Coleslaw
- [ ] Cous Cous/Rice
- [ ] Meat/fish salad
- [ ] Olives
- [ ] Pasta salad
- [ ] Potato salad
- [ ] Rice
- [ ] Stir fry veg

Chilled & Dairy

- [ ] Chilled Desserts
- [ ] Chilled Juices
- [ ] Condensed Milk
- [ ] Block cheese
- [ ] Butter
- [ ] Cheese slices
- [ ] Cheese spread
- [ ] Cottage cheese
- [ ] Cream
- [ ] Cream cheese
- [ ] Eggs
- [ ] Grated Cheese
- [ ] Long Life Milk
- [ ] Margarine
- [ ] Milk
- [ ] Milk Drinks
- [ ] Soya Milk
- [ ] Speciality cheese
- [ ] Spreads
- [ ] Whipped cream
- [ ] Yoghurt
- [ ] Yoghurt Drinks

Cereals

- [ ] Bran
- [ ] Corn flakes
- [ ] Kids
- [ ] Muesli
- [ ] Porridge
- [ ] Wheat

Ready Meals

- [ ] British
- [ ] Chinese
- [ ] Indian
- [ ] Italian
- [ ] Mexican
- [ ] Thai
- [ ] Pies/Quiches
- [ ] Sandwiches/Snacks
- [ ] Side dishes
- [ ] Fresh soup

Meat & Poultry

- [ ] Bacon
- [ ] Beef
- [ ] Chicken
- [ ] Cooked meat/Pate
- [ ] Ham/Gammon
- [ ] Liver/Kidney/Heart
- [ ] Lamb
- [ ] Mince/Diced
- [ ] Pork
- [ ] Sausages/Burgers
- [ ] Steak
- [ ] Turkey

Fish

- [ ] Breaded fish
- [ ] Cod/Haddock/Bass
- [ ] Crab
- [ ] Mackerel/Kippers
- [ ] Salmon/Trout
- [ ] Prawns/Shrimps
- [ ] Seafood sticks
- [ ] Shellfish
- [ ] Trout

Frozen

- [ ] Cakes/Gateau
- [ ] Chips
- [ ] Desserts
- [ ] Ice cream
- [ ] Fish/Seafood
- [ ] Fruit
- [ ] Ice cubes
- [ ] Lollies/bars
- [ ] Meat/Poultry
- [ ] Party food
- [ ] Pizzas
- [ ] Pies/Puddings
- [ ] Ready meals/pies
- [ ] Vegetables

Sauces & Dressings

- [ ] BBQ sauce
- [ ] Brown sauce
- [ ] Cooking sauce
- [ ] Marinade
- [ ] Mayonnaise
- [ ] Mint sauce
- [ ] Mustard
- [ ] Salad dressing
- [ ] Seafood sauce
- [ ] Soy sauce
- [ ] Tabasco
- [ ] Tartar sauce
- [ ] Tomato ketchup
- [ ] Worcester sauce

Jars & Packets

- [ ] Cooking sauces
- [ ] Gravy/Stock
- [ ] Herbs & Spices
- [ ] Honey
- [ ] Jam/Marmalade
- [ ] Jelly
- [ ] Lentils & Pulses
- [ ] Noodles
- [ ] Pasta
- [ ] Peanut butter
- [ ] Pickles/Chutneys
- [ ] Rice
- [ ] Sauces
- [ ] Spreads
- [ ] Stuffing/Mixes

Home baking

- [ ] Baking powder
- [ ] Batter/Bread mix
- [ ] Bread crumbs
- [ ] Brown sugar
- [ ] Cake decorations
- [ ] Cake icing
- [ ] Cake mix
- [ ] Cake toppings
- [ ] Caster sugar
- [ ] Chocolate/Cocoa
- [ ] Cornflour
- [ ] Dried Fruit
- [ ] Flavouring/Colour
- [ ] Flour
- [ ] Icing sugar
- [ ] Pastry/Dough
- [ ] Sponge bases
- [ ] Syrup/Treacle
- [ ] White Sugar
- [ ] Yeast

Bakery & Patisserie

- [ ] Bagels
- [ ] Baguette/Stick
- [ ] Brownies/Muffins
- [ ] Buns/Baps/Rolls
- [ ] Cake
- [ ] Cake bars/slices
- [ ] Cookies
- [ ] Cream cakes
- [ ] Croissants
- [ ] Crumpets
- [ ] Doughnuts
- [ ] Flat bread
- [ ] Fruit/Malt loaf
- [ ] Gateaux
- [ ] Pancakes/Waffles
- [ ] Pastries
- [ ] Pies/Tarts
- [ ] Pitta bread
- [ ] Scones
- [ ] Sliced loaf
- [ ] Speciality bread
- [ ] Unsliced loaf

Canned food

- [ ] Baked beans
- [ ] Canned fish
- [ ] Canned fruit
- [ ] Canned meat
- [ ] Canned vegetables
- [ ] Carrots
- [ ] Green beans
- [ ] Pulses
- [ ] Sweet corn
- [ ] Spaghetti/pasta
- [ ] Soup
- [ ] Tomatoes/puree

Oils & Vinegars

- [ ] Balsamic vinegar
- [ ] Olive oil
- [ ] Salt/Pepper
- [ ] Spraying oil
- [ ] Speciality oils
- [ ] Vegetable oil
- [ ] Vinegar

Crisps & Snacks

- [ ] Crisps
- [ ] Dips
- [ ] Nuts
- [ ] Popcorn
- [ ] Snacks

Biscuits & Sweets

- [ ] Biscuits
- [ ] Chocolate
- [ ] Crackers
- [ ] Kids biscuits
- [ ] Mints/gum
- [ ] Nuts/Seeds
- [ ] Popcorn
- [ ] Sweets

Soft drinks

- [ ] Bottled water
- [ ] Cocoa/malt
- [ ] Coffee
- [ ] Cola
- [ ] Energy drink
- [ ] Fruit juice
- [ ] Hot Chocolate
- [ ] Lemonade
- [ ] Malt drink
- [ ] Milk powder
- [ ] Mixers
- [ ] Squash/Cordial
- [ ] Sweetener

Alcohol

- [ ] Alcopops
- [ ] Bitter/Lager
- [ ] Champagne/Spklg
- [ ] Cider
- [ ] Red wine
- [ ] Rose wine
- [ ] Sherry/Port
- [ ] Spirits
- [ ] White wine

Baby care

- [ ] Baby food/drinks
- [ ] Baby oil/lotion
- [ ] Baby shampoo
- [ ] Bottles/Cups
- [ ] Formula
- [ ] Nappies
- [ ] Wipes

Health & Beauty

- [ ] Allergy tablets/cream
- [ ] Anti-perspirant
- [ ] Aspirin
- [ ] Bath soak/milk/bubbles
- [ ] Cold remedy
- [ ] Body scrub/cleanser
- [ ] Conditioner
- [ ] Contact Lense cleaner
- [ ] Contraception
- [ ] Cosmetics
- [ ] Cotton Buds
- [ ] Dental care/floss
- [ ] Deodorant
- [ ] Eyecare
- [ ] Facial care/cleanser
- [ ] Family planning
- [ ] Feminine products
- [ ] Foot care
- [ ] Fragrance
- [ ] Hair colour/treatment
- [ ] Hair gel/spray
- [ ] Hand soap
- [ ] Ibuprofen
- [ ] Lip balm
- [ ] Medicine
- [ ] Moisturiser
- [ ] Mouthwash
- [ ] Oral care
- [ ] Plasters/bandages
- [ ] Shampoo
- [ ] Shaving cream/razors
- [ ] Shower gel/cream
- [ ] Smoke cessation
- [ ] Soap bar/liquid
- [ ] Sun care/cream
- [ ] Tissues
- [ ] Toilet paper
- [ ] Toothpaste
- [ ] Vitamins/Supplements

Household

- [ ] Batteries
- [ ] BBQ/Charcoal
- [ ] Bin liners/bags
- [ ] Candles
- [ ] Cling film
- [ ] Coffee filters
- [ ] Disposable plates
- [ ] Disposable cutlery
- [ ] Firelighters
- [ ] Food bags
- [ ] Freezer bags
- [ ] Fuses/plugs
- [ ] Greaseproof paper
- [ ] Insecticides
- [ ] Kitchen foil
- [ ] Kitchen towel
- [ ] Light bulbs
- [ ] Matches/Lighters
- [ ] Napkins
- [ ] Non-stick spray
- [ ] Plastic wrap
- [ ] Shoe accessories
- [ ] Shoe polish

Cleaning products

- [ ] Air freshener
- [ ] Bathroom cleaner
- [ ] Bleach
- [ ] Carpet cleaner
- [ ] Cleaning cloths
- [ ] Dish cloth/brush
- [ ] Disinfectant
- [ ] Dishwasher tabs/salt
- [ ] Dryer sheets
- [ ] Dusters
- [ ] Fabric conditioner
- [ ] Floor cleaner
- [ ] Furniture polish
- [ ] Glass cleaner
- [ ] Gloves
- [ ] Haberdashery
- [ ] Kitchen cleaner
- [ ] Laundry detergent
- [ ] Limescale remover
- [ ] Mop/Brush
- [ ] Multi-purpose cleaner
- [ ] Polish
- [ ] Sink/pipe unblocker
- [ ] Sponges/Scourers
- [ ] Spray polish
- [ ] Toliet cleaner
- [ ] Toliet blocks/freshener
- [ ] Vacuum bags
- [ ] Washing up liquid
- [ ] Wipes

Stationery & Gifts

- [ ] Envelopes
- [ ] Fresh flowers
- [ ] Glue
- [ ] Greeting cards
- [ ] Newspapers/Mags
- [ ] Notepads
- [ ] Paper
- [ ] Paperclips
- [ ] Pens/Pencils
- [ ] Pushpins
- [ ] Staples
- [ ] Sticky tape
- [ ] Wrapping paper

Pet care

- [ ] Bedding
- [ ] Bird food
- [ ] Brush/comb
- [ ] Cat food
- [ ] Cat litter
- [ ] Cat treats
- [ ] Collar/Lead/Tag
- [ ] Dog food
- [ ] Dog treats
- [ ] Flea treatment
- [ ] Fish food
- [ ] Pet shampoo
- [ ] Supplements

Other items

Ref. JDF 180909

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