

## Financial Advice and Tips - November 2022

With bills increasing over the next few months, we have collated some financial advice and tips that may help.

### Financial Planning

List what money you have coming in and what money goes out

Is everything that goes out essential? Make sure you list everything, don't leave anything out. Remember to add in essentials like washing powder, other household cleaning products, personal hygiene items and clothes.

Once you have done this, you will have a better idea of what you have left to spend each month. Sometimes, when we see something written down in front of us, it helps us to understand what we spend our money on each month.

**Now you can start to look in more detail at how you can reduce your costs.** Do you need the full TV package, or can you change it for something cheaper? Are you on the cheapest mobile phone tariff? Are you going to the cheapest garage for your fuel?

Here are some helpful websites and apps that you can use:

- [moneyhelper.org.uk](http://moneyhelper.org.uk)
- [which.co.uk](http://which.co.uk)
- [moneysavingexpert.com](http://moneysavingexpert.com)
- [moneysupermarket.com](http://moneysupermarket.com)
- [bbc.co.uk/watchdog](http://bbc.co.uk/watchdog)
- [petrolprices.com](http://petrolprices.com)

**Money  
Helper**

**Which?**

### Meal and Food Planning

#### Weekly Food Shop

Buying food every day is not only time consuming but is also an expensive way of doing your shopping. Take a little bit of time to plan your meals for the week, get the whole family or everyone who lives with you involved. **Planning what you will eat will help you to budget your food spend.** It will also reduce the risk of impulse buying. You could also get your shopping delivered, although there is a delivery charge, it will help you to stick to your eating plan and not be tempted to buy those little treats as you walk around the supermarket.

#### Cook Your Own Meals

Buy-one, get-one-free pizza might sound like a cost effective option, but you can easily make your own pizzas yourself. Cooking from scratch isn't for everyone we know that. But if you give it a try, you might find that you enjoy it.

**There are many recipes that are versatile and be used in several ways.** For example, you can buy a large pack of mince, cook it with some chopped onions. This will give you the base ingredient for a bolognaise, a chilli or a shepherd's pie. You can then freeze it in batches and use it later that week. You can also use meat substitutes in a similar way for those that would prefer.

Here are some good websites that offer suggestions for easy, cost effective family meals:

- [Good to Know - Budget Recipes \(£1 per head\)](#)
- [BBC Good Food - Cheap Family Recipes](#)
- [Tesco Real Food - On a Budget Recipes](#)
- [More Than a Mummy Blog - Cheap Family Meals](#)
- [Skint Dad Blog - Cheap and Easy Meal Ideas](#)
- [Delicious Magazine - Budget Recipes](#)

**Borrowing Money - Don't Get into Debt**

Borrowing money to get you out of trouble quickly, is not the right way to manage your finances. Once you've borrowed the money, you will still need to pay it back, with interest (usually around 400%).

For example, if you borrow £200 to be repaid over three months, it will cost you around £345.

If you have a controlled loan, from a bank, building society or reputable credit agency (normally for car loans) or a mortgage, you can talk to them to discuss repayment options. They would prefer you to pay an affordable amount of money each month rather than no money at all.