



# How to feed a family of 4 for £20 a week by Anneliese Giggins



## Week one food shop - the bulk shop

<p>Porridge oats, 1kg £0.75</p> <p>Potatoes £2.89</p> <p>Mature Cheddar £3.99</p> <p>Tortilla wraps plain £0.85</p> <p>Tortilla wraps garlic £0.85</p> <p>Tomato ketchup £0.69</p> <p>Passata £0.35</p> <p>Passata £0.35</p> <p>White pitta bread £0.49</p> <p>Yeast £0.59</p> <p>Honey £0.99</p> <p>Rice pudding £0.15</p> <p>Sunflower oil £0.99</p> <p>Plain flour, 1.5kg £0.45</p> <p>Strong white flour £0.75</p> <p>Sweetcorn £0.35</p> <p>Sweetcorn £0.35</p> <p>Red kidney beans £0.23</p> <p>Chick peas £0.39</p> <p>4 pack backed beans £1.15</p> <p>4 pack backed beans £1.15</p> <p>Mayonnaise £0.79</p> <p>Tuna chunks in water £0.69</p> <p>Tuna chunks in water £0.69</p> <p>Peach slices £0.35</p> <p>Peach slices £0.35</p> <p>Strawberry jam £0.29</p> <p>Red kidney beans £0.23</p> <p>Red kidney beans £0.23</p> <p>Red kidney beans £0.23</p> <p>Spices £0.49</p> <p>Chopped tomatoes x12 at £0.31</p>	<p>Beef mince £2.59</p> <p>Cherry tomatoes £0.69</p> <p>Apples £1.29</p> <p>Milk chocolate £0.30</p> <p>Milk chocolate £0.30</p> <p>Houmous £0.65</p> <p>Quorn sausages £1.49</p> <p>Garden peas £0.89</p> <p>Sunflower spread light £0.69</p> <p>Chicken gravy granules £0.75</p> <p>Carrots £0.65</p> <p>Salted butter £0.95</p> <p>Fromage frais £0.34</p> <p>Whole milk £0.95</p> <p>Leeks £0.89</p> <p>Large free range eggs £0.99</p> <p>Broccoli £0.45</p> <p>Malt loaf £0.49</p> <p>Rich tea biscuits £0.23</p> <p>Digestives originals £0.31</p> <p>White bread £0.47</p> <p>Garlic baguette £0.34</p> <p>Spring onions £0.45</p> <p>Wholemeal pitta bread £0.49</p> <p>Bananas £0.68</p> <p>6 pack tomatoes £0.59</p> <p>Mixed peppers £0.89</p> <p>Onions £0.59</p> <p>Onions £0.59</p> <p>Jelly crystals £0.23</p>
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**Total = £49.94**

Shopped at Aldi (Aug 2014 prices)

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**Recipes**