



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



Week two food shop – bits and bobs

Milk £0.89
Carrots 1kg £0.65
Large free range eggs £0.99
White bread £0.45
Broccoli £0.45
Garlic baguette £0.34
Salted butter £0.95
Houmous 200g £0.65
Iceberg lettuce £0.39
Milk £0.95
Milk £0.95
Rice pudding £0.15
Nectarines £0.79
Breadsticks £0.75
Cornflakes £0.35
Cornflakes £0.35
Pasta shapes £0.35
Pasta shapes £0.35
White rice £0.45
White rice £0.45
Pasta shapes £0.35
Pasta shapes £0.35
Baking potatoes £1.48
Cornflakes £0.35
Sausages £1.40
Sausages £1.40
Mixed beans chilli £1.00
Korma paste £1.60
Mushroom soup £0.90

Total = £19.68

Shopped at Aldi, Tesco, Co-op and Sainsbury's (Aug 2014 prices)

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Recipes