



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



Week three food shop – topping up

Large free range eggs £0.99
Chickpeas £0.39
White bread £0.45
Garlic baguette £0.34
Penne £0.29
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Malt loaf £0.49
White pitta bread £0.49
Hummus 200g £0.47
Milk £0.95
Potatoes (bag of 20) £2.50

Total = £7.65

Shopped at Aldi and local farm shop (Aug 2014 prices)

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Recipes