



The Consumer Council

Christmas Food Shopping

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Planning your food shopping for Christmas - Can I afford it?

1. **Save money and save food.** If you want to find out the right sizes of turkey and ham to buy for your dinner guests and avoid throwing out leftovers check the BBC website.

http://www.bbc.co.uk/food/christmas/calculators_index.shtml

2. **Check all the prices of Christmas foods.** Then ask yourself – do you really need them or will they end up in the bin?

Check the prices before you buy the following goods:

- Big bags of tangerines
- Cheeseboards
- Trays of nuts
- Trays of nibbles and snacks
- Continental cakes

3. **Meal plan ahead.** Do not pile up your trolley with too much food because it will end up in the bin. It will help you to write a shopping list.
4. **Draw up a budget** for Christmas dinner, other food, cards and presents.
5. **Before you go shopping** use the list below to plan what you need over the holiday period. Then you will be able to write a shopping list.
6. In the "Estimated" column below, **write down how much you think you will spend** next to the items you want to buy. Overprice when in doubt. Add the items together and put them in the 'Estimated' column.
7. Take the list below with you when you go to the shops to help you price around and pick the best deal. You can then write down the actual cost in the "Price" column.

How much will Christmas Dinner cost you?

Christmas Dinner	Estimated £	Price £
Christmas Turkey		
Steak		
Melon		
Soup		
Nut Roast		
Ham		
Bacon/Sausages		
Broccoli		
Carrots		
Brussels Sprouts		
Parsnips		
Roast Potatoes		
Cranberry Sauce		

Christmas Foods	Estimated £	Price £
Dessert and Cheeses		
Mince Pies		
Christmas Pudding		
Cheese		
Cheese Biscuits		
Chocolate Log		
Cream		
Tinned Fruit		
Sponge Fingers		
Jelly		
Christmas Cake		
Nuts		
Sweets		

Stuffing Mix		
Gravy		
Onions		
Tin Foil		
TOTAL		

Biscuits		
Tangerines		
Coffee		
Chocolate		
TOTAL		

Christmas Drinks	Estimated £	Price £
Wine		
Lager or Beer		
Fizzy Drink		
Fruit Juice		
Liqueurs		
Mulled Wine		
Spirits		
TOTAL		

Christmas Table	Estimated £	Price £
Christmas Crackers		
Christmas Napkins		
Christmas Tablecloth		
Christmas Candles		
TOTAL		

Christmas Decorations	Estimated £	Price £
Wrapping Paper		
Gift Bags		
Sticky Tape		
Cards and Postage		
Christmas Tree		
Decorations and Lights		
TOTAL		

Christmas - Going Out	Estimated £	Price £
Clothes		
Entertainment		
Travel		
Parties		
TOTAL		