



## How can we help?

Your Carer Money Matters advisor can help you look at your budget for food shopping for you and the people you care for. Having a plan for what you're going to eat, and cooking meals in advance, can make it easier to eat more healthily.

## Get ahead when you can

By preparing meals like soups, stews and pasta dishes, you can make large batches in one go that will keep in the fridge or freezer once cooled, and will take a few minutes to reheat when you need them.

For some people, the thought of creating a meal plan and batch cooking can feel overwhelming. And it can be difficult to find the time to cook this way, particularly with caring responsibilities, family and work commitments. If this is the case for you or the people you care for, you could start small with one meal that will last a couple of days, so there's something on hand, ready to reheat.

## We are here

If you're struggling to cover food bills, or don't think you or the people you care for are getting enough food, your Carer Money Matters advisor can help you find charities or food banks that can provide support.

Carer Money Matters services are available in 23 areas across England, Scotland and Wales.

## Reach out

Please get the help you need to help the people you care for.

# Eating well and energy efficiently



**CARERS  
TRUST**

**A great way to help manage your budget and save energy is to plan your meals, and cook some of them, in advance.**

### **Five a day**

The NHS recommends that people try to eat five portions of fruit or veg of different colours a day.

A portion generally fits in the palm of your hand or is a whole piece of fruit.

Frozen fruit and veg are great affordable options that ensure you can add goodness into your meals quickly.

For more information, visit:

**[nhs.uk/live-well/eat-well](https://www.nhs.uk/live-well/eat-well)**



## **Ways to cook that use less energy**

Air fryers and microwaves can be cheaper to use than ovens for smaller and quicker meals, depending on the number of people you need to cook for.

And if you're reheating food, the microwave can be cheaper to run than the oven.

The Energy Saving Trust has some good information online on how to save money in the kitchen, as well as comparisons for different cooking methods. See for yourself at:

**[energysavingtrust.org.uk/top-five-tips-save-energy-kitchen](https://energysavingtrust.org.uk/top-five-tips-save-energy-kitchen)**



Carers Trust also has some tips online to help you eat well on a budget:  
**[carers.org/HealthyEating](https://www.carers.org/HealthyEating)**