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Inclusion North News

Inclusion North will share an important news story and tell you about their own work here every two weeks.



Cost of living crisis and food

The cost of buying food keeps on going up. Here are some tips on what to do when you go shopping for food to save money.



- Plan your meals for a few days or the week and check your cupboards and freezer to see if you already have any of the items for your meal plan. This saves you buying things you don't need.
- Write a shopping list of the things you do not have in your cupboards or freezer.
- Check in your supermarket for special offers on items on your list.
- Think about what you can put in your freezer at home like frozen vegetables. This can save you from wasting food as you use it as you need it.



Finding it hard to buy food

Local areas have foodbanks that might help you when you have no food and no money to buy food.



Citizen's Advice has a helpline that can tell you where you can get help if you have no food or money. You can phone 0808 2082138.

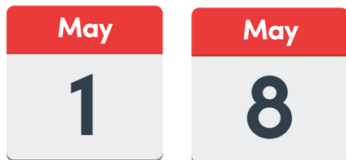
You can telephone them Mondays to Fridays 9am to 5pm.



You can also search the internet with **Foodbanks near me** to find your local foodbank.



The BBC News have a section on their website called useful tips for saving money. They have some £1 meal recipes for all different kinds of meals.



Wellbeing tips

Make some plans for the bank holidays that are happening on the 1st May and the Kings coronation weekend on 8th May.



Try cooking something new with the £1 meal recipes from the BBC News website. There are meals for 6 so invite some friends and try something new together.



Go for a walk in the park and look out for the bluebells. They will be starting to bloom which is a lovely sign of the warmer months ahead of us.