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THIS WEEK'S MEAL PLAN

SHOPPING LIST

MON

TUE

WED

THU

FRI

SAT

SUN



FOOD TIPS & RESOURCES

If you find yourself experiencing food insecurity, there are a few options available to supplement your weekly shopping:

FOOD PANTRIES

- ▶ **St Salvador's Episcopal Church** - no voucher required
- ▶ **Shrub Coop** - no voucher required, small donation expected
- ▶ **ENSA Community Pant-ry** - check napierstudents.com/pantry

WASTE REDUCTION APPS

- ▶ **Olio App** - Get free stuff & borrow things from your neighbours.
- ▶ **Too Good to Go** - rescue unsold food from shops and restaurants.

MAKE YOUR MONEY GO FURTHER

Shop the red line or discounted food sections and freeze items that have a limited "use by" date. Learn to meal prep in advance so that you have convenient meals at hand.



TALK TO AN ADVISER

Book an appointment with ENSA Advice.

Scan the QR Code or visit napierstudents.com/advice.