

Meal Planner

Planning your meals ahead can help you buy what you need; saving money and reducing waste.
Here is a sample meal planner to help you.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							

For more information on food planning, menus and recipes, visit <http://ni.lovefoodhatewaste.com/>

Budgeting Planner Practical Tool

Use this simple budgeting planner to track how much money you have coming in and what you are spending your money on.

Week Beginning	Money In	Money Out	Balance
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
	Total		

Additional tools are available from: www.consumercouncil.org.uk and search for Home Budget Planner
www.moneyadvice.service.org.uk/en/tools/budget-planner