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## Saving Tips - Food

Posted by michelle.house - 2010/06/29 15:36

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This month we're looking for tips on food. What's your best ever tip for food/groceries? My best tip is not to do a grocery shop until I have been through my fridge/freezer/pantry and written down all the meals that I could make with what's already there. I do this regularly and I once didn't grocery shop for 2 weeks! I probably saved around \$400!! Add your tips to this thread or in the Secret Stash! There will be a prize for the best tip!

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## Re:Saving Tips - Food

Posted by Nem - 2010/08/26 21:12

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When I had to feed a family of five and my partner wasn't working I found the community food vans a lifesaver. Community centres and Centrelink offices usually have details. Generally they have a minimum \$5 spend, but you get as much of the fresh fruit and vegetables they have available that you need. You can then shop for discounted grocery items. Most of the items are things getting close to their use-by date, but can be frozen. For example, I have picked up a carton of 12x1L Zymil milk, a carton of 6 large yoghurt tubs, a carton of 12x300ml tubs of cream and a carton of mini muffin bars for \$3 each (all of which I could freeze or share with friends). I have sometimes managed to shop for enough groceries, fruit and veges to feed our family for a week on \$30, including meat for a couple of meals. Sometimes you have to be a bit creative with your recipes, but it's amazing what you can come up with when you need to.

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## sell WOW Gold

Posted by pp1234 - 2011/10/20 17:05

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Cabal Alz "play" game is not only legitimate, but also show that for sports games in the domestic understanding to reason. As Brazil's football, sell WOW Gold participants can many, talking about people can many. After all the brazilian soccer team can accommodate so dozens of people, the number of professional athletes and the overall population than it is after all a blip world of warcraft gold .

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