



Paying for living costs

Food

About this document



We have tried to make this guide easy to use.



Blue Words

The words in **blue** are ones we think need explaining.



There is a section with a list that explains what **blue** words or phrases mean.

[Link](#)

Food



Food

This is how much you spend on food shopping for your home as well as meals out with family and friends.



How much you spend on food may change each month.



You may eat out more one month, which means you would spend more money on food.



It might be useful to add together all the money you spend on food in one month.

Food



This will give you a rough idea of the amount that you usually spend.



The NHS has some resources on eating well for less, with lots of tips on how you can eat healthily and save money.



You can read these resources at:
<https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/>



Monthly cost of your food?

The Housing Guide was a collaboration of LDE, Housing LIN and Ace Anglia.

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Thanks to everyone who shared stories, gave us feedback, and let us include their work. Please do share feedback and comments to LDE.

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