



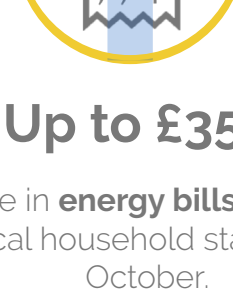
Drumchapel Citizens Advice October 2022 Newsletter

With the cost of living rising, largely due to the COVID pandemic, we would like to share some tips and tools regarding food costs and saving energy with cooking methods.



12% Rise

In the price of **groceries** compared to last Summer.



Up to £3549

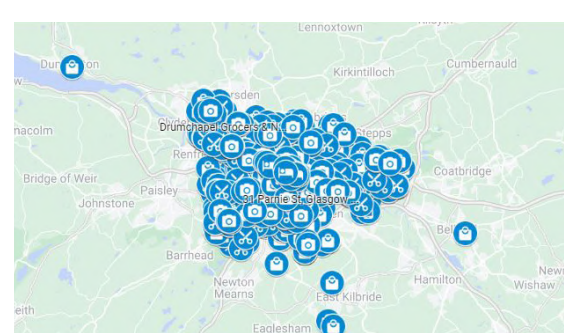
Rise in **energy bills** for the typical household starting 1st October.

Source: Citizens Advice



Glasgow Loves Gift Card

While the government has implemented some cost of living support, Glasgow City Council approved the roll-out of Covid Low-Income Gift Cards worth **£105** to around **85,000 low-income households** in the city.



Data from the council tax system is used to identify Glasgow households entitled to **Council Tax Reduction**, which in turn will be used to identify which households would be eligible to receive a pre-paid gift card.

Cards can be used within registered businesses, with more than **700 businesses** of all sizes registered across the city so far, and almost **400 small and medium enterprises** are in the process of registering.

Source: Glasgow City Council

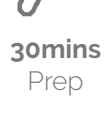


Vegetable Curry

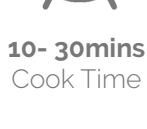
For this newsletter, we have sourced a healthy, cost effective curry recipe along with savings of energy used for various cooking methods. This will **save you £5.67** per serving when cooked in a **slow cooker** compared to an average takeaway price of **£6.43** per serving.

Ingredients

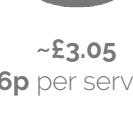
- 2 medium potatoes (42p)
- 1 large carrot (12p)
- ½ cauliflower (57p)
- 3 tbsp vegetable oil
- 1 large onion (24p)
- 1 tbsp curry powder (78p/100g)
- 1 tin chickpeas (37p)
- 100g frozen peas (92p/kg)
- Plain yoghurt (72p)



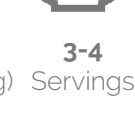
30mins
Prep



10- 30mins
Cook Time



~£3.05
(76p per serving)



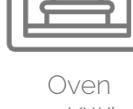
3-4
Servings



Air Fryer
0.45 KWhr
15p



Microwave
0.375 KWhr
13p



Oven
0.5 KWhr
17p



Slow Cooker
0.1 KWhr
3p

Method

Step 1

Half-fill a saucepan with cold water and add the potatoes and carrots. Bring to the boil and cook for 8 minutes. Add the cauliflower florets and cook for a further 2 minutes more. Drain in a colander and set aside.

Step 2

Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion and cook over medium heat for 8 minutes or until well softened and lightly browned, stirring regularly. Sprinkle over the curry powder and cook for 30 seconds more, stirring continuously.

Step 3

Add the tomatoes to the onions and cook for 2-3 minutes, stirring constantly. Add the stock and bring to a gentle simmer. Add the vegetables and peas or spinach and simmer gently for 5 minutes, stirring regularly. If the sauce thickens too much, add a splash of water.

Feeling Meaty?

Add 6 chicken thighs for some extra protein. **Before Step 1**, chop the chicken into chunky 3cm pieces, and cook for 5 mins. This will add an additional **£2.29 (57p)** per serving) and **2p** energy cost to the recipe giving a total cost of **£5.34 (£1.34)** per serving). This will **save you £5.09** per serving compared to takeaway.



Handy Shopping Tips

Here's a comprehensive list of helpful shopping suggestions to help you save even more this coming winter.



Buy a weekly shop from more than one retailer. Shop around for the cheapest deals.



Be as savvy and proactive as you can. Shopping local/home growing can also be cheaper.



Frozen greens can be cheaper than fresh.



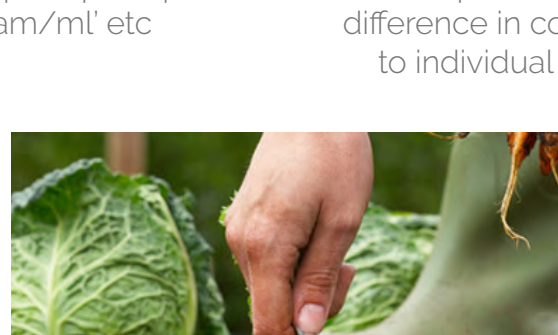
Whilst bulk-buying can often be cheaper in the long run. It is not always cost effective in the short run.



Don't look at the overall price. Instead look for the cheapest 'price per kilogram/gram/ml' etc



Try out retailers' own brands. You may be surprised at the quality and the difference in costs - very much down to individual preferences/needs.



Why not try your hand at growing your own greens/vegetables? It can be more cost effective. If you're unsure where to start or don't have the space, make contact with a local allotment to ask for guidance and available spaces.

For more information feel free to visit our social media websites below:

<https://www.facebook.com/DrumchapelCAB>
<https://twitter.com/drumchapelcab>