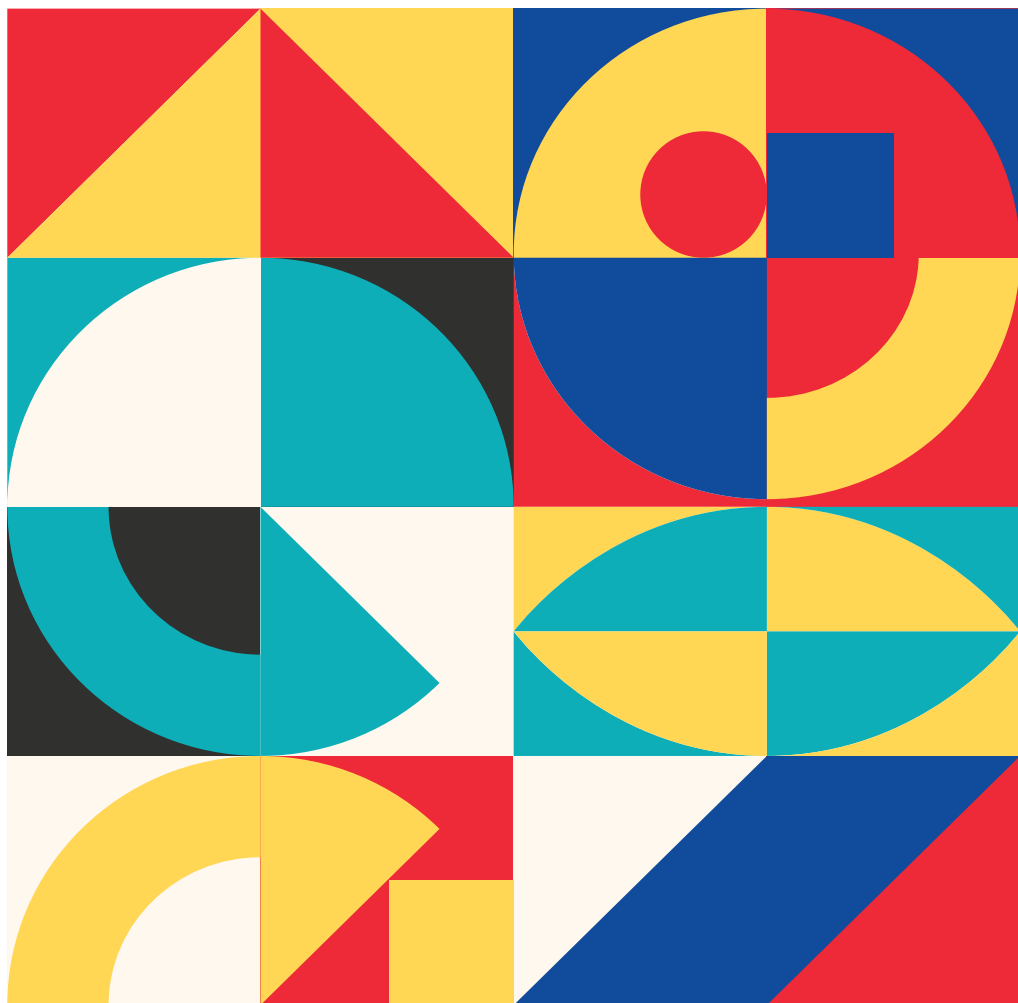




Koel • 2024 Edition

Creating a home IV: Making your own makan

UK Student guide - Singapore



INTRODUCTION

**Eh, there where
to shop ah?**

Eating is essential to our Singaporean existence, from queuing at Toastbox, getting that Nasi Biryani lunch that puts us into a food coma, to the late-night Mala with friends.

Moving to the United Kingdom means missing out on our local delights and that taste of home and having to cook for yourself and your roommates.

But fret not – this booklet aims to help, offering some invaluable tips and practical advice to streamline your grocery shopping experience in the UK.

Shopping for groceries in the UK may look the same but as they say “same same but different, but there nothing to worry about.

Whether you're craving a taste of home or eager to explore the local culinary delights, understanding the nuances of UK supermarkets, budgeting wisely, and making informed choices will empower you to navigate the aisles confidently.

So, let's grab your shopping list and trolley and embark on this journey to prepare you for your first grocery shopping in the UK!



Certainly not at Bedok north
market lah bro...

BEFORE YOU START...

Here are some things you can prepare before you start your first grocery shopping.

Don't rush immediately to the nearest supermarket when you reached your new home here in the UK, start off by preparing these few things first!

01 • Plan your budget

Determine how much you can afford to spend on groceries each week or month, this shall determine where you shop and the items you need.

02 • Plan out your meals

Plan out the meals you'd be making within a week, it will help you cut the cost of your food shop as you'd focus on the item you really need.

03 • Research your local stores

Find out where the nearest supermarket are located and what type of products they offer and what are their price ranges.

04 • Download supermarket cashback apps

Just like those online cashback programmes, Supermarket cashback apps can help you cut costs and save up whenever you shop!



Hot tip: Bring your own bag to the supermarket, as supermarkets charge you if you request for their bags.

05 • Compare prices online

Determine how much you can afford to spend on groceries each week or month, this shall determine where you shop and the items you need.

06 • Get loyalty cards

Sign up for loyalty cards such as Tesco Clubcard and Nectar Cards to collect saving points and discounts.

07 • Online shopping maybe?

Most supermarkets today offers online shopping and delivery, where its easier to compare prices and also save up on travel costs.

SO WHICH IS WHICH?

There are various supermarkets in the UK with various price ranges and items, so here is our ranking according to affordability.

01 • Poundland

Poundland is known for offering a wide range of products, including groceries, household items, toiletries, stationery, toys, and more, all priced at £1 or less. They operate on a fixed price point, meaning almost everything in the store is priced at £1, making it easy for shoppers to budget.

Affordability: Poundland offers excellent value for money and is a popular choice for budget-conscious shoppers looking to save money on everyday items. However, it's important to note that Poundland may not always offer the same range or quality of products as traditional supermarkets.

02 • Iceland

Iceland is known for its extensive range of frozen foods, including frozen vegetables, meats, ready meals, and desserts. They also offer a selection of fresh produce, pantry staples, and household items.

Affordability: Iceland is often considered a budget-friendly option for grocery shopping, especially for those looking to save money on frozen foods. They frequently run special offers and promotions, including multi-buy deals and discounts on popular items. However, their limited range of items may be challenging if you are looking for items such as produce.

03 • Aldi

Aldi is known for its low prices and no-frills shopping experience. It offers a limited selection of products but focuses on quality and value.

Affordability: Aldi is widely regarded as one of the most affordable supermarket chains in the UK. Their focus on cost-saving measures, private label brands, and limited overhead expenses allows them to offer competitive prices on a wide range of products.

04 • Lidl

Like Aldi, Lidl offers a limited selection of products at low prices. They often have weekly specials and rotating stock, so you may find different items each time you visit.

Affordability: Lidl is also relatively affordable compared to Aldi, with prices generally lower than those of other supermarkets in the UK.

05 • Asda

Asda is a large supermarket chain that offers a wide range of products, including groceries, clothing, electronics, and home goods. They often have special deals and promotions, particularly on their own in-house products.

Affordability: Asda is less affordable than the other brands due to the said brand's focus on discount pricing and private label brands. However, Asda's more extensive range of products may provide more saving opportunities.

06 • Sainsbury

Sainsbury's is known for its diverse product range, quality own-brand products, and sale of groceries, household items, clothing, electronics, and more. It operates different store formats, including Sainsbury's Superstores, Sainsbury's Local, and Sainsbury's Online for home delivery.

Affordability: Sainsbury's is generally positioned as a mid-range supermarket in terms of pricing. While they may not always have the lowest prices compared to discount supermarkets like Lidl, Sainsbury's offers competitive pricing on a wide range of products.

07 • Tesco

Tesco is one of the largest supermarket chains in the UK, offering a diverse selection of products, including groceries, household items, clothing, and electronics. They have different store formats, including Tesco Extra, Tesco Superstore, and Tesco Express.

Affordability: Tesco offers a range of products at various price points, including budget-friendly options and higher-end brands. While not always the cheapest option, Tesco often has special offers and discounts.

08 • Morrisons

Morrisons is a supermarket chain focused on fresh food and produce. They offer a wide range of groceries, including fresh meat, fish, fruits, vegetables, bakery items, and ready-to-eat meals.

Affordability: While they may not always have the rock-bottom prices of discount retailers like Aldi and Lidl, Morrisons offers various promotions, discounts, and multi-buy deals to help customers save money. They also have their in-house brand, often providing value for money compared to branded products.

09 • Marks & Spencer (M&S)

Marks and Spencer is renowned for its premium quality products, with its food halls offering a wide range of high-quality groceries, including fresh produce, prepared meals, bakery items, and speciality foods.

Affordability: M&S is generally considered a higher-priced option compared to discount supermarkets like Aldi and Lidl and traditional supermarkets like Morrisons; however, their focus on freshness, quality, and premium offerings may appeal to some.

10 • Waitrose

Waitrose is a higher-end supermarket chain focusing on quality, organic, and speciality products. It offers various groceries, including fresh produce, meat, seafood, and gourmet foods.

Affordability: Compared to brands like M&S and Morrisons, Waitrose pitches itself as the higher-end brand, with a broader selection of groceries, fresh produce and culinary items, thus coming in with a much higher price tag.



