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# THIS WEEK'S MEAL PLAN

SHOPPING LIST

MON

TUE

WED

THU

FRI

SAT

SUN



# FOOD TIPS & RESOURCES

If you find yourself experiencing food insecurity, there are a few options available to supplement your weekly shopping:

## FOOD PANTRIES

- ▶ **St Salvador's Episcopal Church** - no voucher required
- ▶ **Shrub Coop** - no voucher required, small donation expected
- ▶ **ENSA Community Pantry** - check [napierstudents.com/pantry](http://napierstudents.com/pantry)

## WASTE REDUCTION APPS

- ▶ **Olio App** - Get free stuff & borrow things from your neighbours.
- ▶ **Too Good to Go** - rescue unsold food from shops and restaurants.

## MAKE YOUR MONEY GO FURTHER

Shop the red line or discounted food sections and freeze items that have a limited "use by" date. Learn to meal prep in advance so that you have convenient meals at hand.



### TALK TO AN ADVISER

Book an appointment with ENSA Advice.

Scan the QR Code or visit [napierstudents.com/advice](http://napierstudents.com/advice).