

Guide to cooking at home

Sometimes cooking for yourself can feel difficult or time-consuming. We're sharing a few simple tips to help you make the most out of cooking for yourself at home.

Know the basics

Take a look at the BBC Good Food guides (bit.ly/bbcbasics) and Jamie Oliver's YouTube Channel for tutorials on preparing food at home to get started.

Plan ahead

A super effective way to save money and reduce waste. Make a list of the meals you plan to make for the week and remember to note down what you already have. Try using this [free meal planner](#).

Batch cooking

We know that your time is precious so spending time cooking healthy meals isn't always a priority. Get some ideas from [bit.ly/healthybatchcooking!](http://bit.ly/healthybatchcooking)

Brain-boosting

Try taking a look at these recipes which can help support your brain functioning:

bit.ly/brainboostfood

Save money and the planet!

Here are some quick fire tips on how you can save money and be be more eco friendly with your food shopping:

- Make a shopping list
- Stick to a budget
- Stick to your plan
- Cook with seasonal fruit and veg
- Buy cheaper cuts of meat
- Eat less meat in general
- Use a slow cooker
- Batch cook and freeze
- Use up everything you have
- Compost any waste
- Watch out for expiration dates
- Shop around online
- Don't shop hungry
- Take packed lunches