

Shopping for a friend, relative or neighbour

For many of us, being in control of our shopping is important and can help us to retain our independence. If you are shopping for a friend, relative or neighbour there are some important things to consider. Check out our tips below:

- 1 Find out what they enjoy eating and drinking and what they usually buy.** Even if you know someone well, it is helpful to ask directly what they would like, where possible, and take their preferences into account.
- 2 If they are underweight, have a poor appetite or have lost weight without trying** it is healthy for them to try to gain weight. You can encourage this by buying full-fat products (e.g. yoghurt, milk) and food that is easy to eat, such as small portion meals and snacks.

Check out the tips in the Eat, Drink, Live Well booklet for more information www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources

- 3 Don't forget the basics** – milk and bread
- 4 Go beyond the basics** – try to think about ingredients needed to make full meals
- 5 Consider and ask what the person is able to do** – are they able to open tins and bottles?
- 6 Think about ways to minimise food waste.** Here are some tips:
 - Tinned and frozen fruit and vegetables are just as healthy as fresh
 - Buy small tins and packets where possible
- 7 Preparing ahead** – can you help them to prepare a store-cupboard of non-perishable foods and pre-prepared meals?

Below is a list of ideas to keep in stock:

- Breakfast cereal and porridge
- Jam, marmalade, peanut butter and honey
- Baked beans, macaroni cheese and spaghetti
- Tinned stews, meats, fish and lentils
- Tinned vegetables and fruit
- Tinned custard, sponge and custard and rice pudding
- Long life milk and milk powder
- Squash and fruit juice
- Horlicks, Ovaltine and drinking chocolate
- Instant/ready meals
- Frozen sausages, burgers, fish fingers
- Frozen fruit and vegetables
- Boil in the bag meals, e.g. fish in sauce
- Ice cream/ ice lollies
- Frozen desserts, e.g. jam roly poly, crumbles
- Milk can be stored in the freezer until needed