

## The Big Supermarket Challenge

The Advice Centre ran a competition at the 'Wellfair' on Thursday 24th September to guess the price difference in two shopping baskets. One basket was filled with premium brands and the other with the equivalent supermarkets own brand. Here is a full list of all the products - we think you'll be amazed at the price difference!

Premium brands		
500g	Kellogg's Cornflakes	£1.93
x24	McVitie's Jaffa Cakes	£1.66
415g	Heinz Baked Beans	£0.64
570g	Heinz Tomato Ketchup	£2.00
420g	Princes Peach Slices	£0.60
400g	Heinz Cream of Chicken Soup	£0.82
500g	Fusilli Pasta	£0.70
1kg	Long grain Rice	£1.26
500g	Dolmio Bolognese Sauce	£1.70
90g	Pot Noodle Chicken & Mush	£0.88
x12	Walkers Crisps Variety Pack	£2.18
370g	Bonne Maman Blkcurrant Jam	£1.89
<b><u>Total</u></b>		<b><u>£16.26</u></b>

Supermarket basic range		
500g	Cornflakes	£0.46
x24	Jaffa Cakes	£0.38
420g	Baked Beans	£0.29
560g	Tomato Ketchup	£0.40
411g	Fruit cocktail	£0.34
400g	Cream of Chicken Soup	£0.20
500g	Pasta shapes	£0.43
1kg	Long grain Rice	£0.73
440g	Bolognese Sauce	£0.36
80g	Cup Noodle Chicken & Mush	£0.26
x12	Crisps Variety Pack	£0.76
454g	Strawberry Jam	£0.38
<b><u>Total</u></b>		<b><u>£4.99</u></b>

<b><u>Difference</u></b>	<b><u>£11.27</u></b>
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Most supermarkets have a 'basics' range and as you can see, it's well worth trying them out. Ok, some of it may not be to your taste but even just changing a few items for the cheaper alternatives can make a big difference to your food bills.

If you would like more information on budgeting or other financial issues, please check out our website [www.hallamunion.org/advice](http://www.hallamunion.org/advice) and keep a look out for future Money Doctors talks.