

## The Big Supermarket Challenge

The Advice Centre ran a competition on Thursday 22nd 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 Alpen Muesli	£2.57
300g McVitie's Chocolate Digestives	£1.75
415g Heinz Baked Beans	£0.69
185g Princes Tuna Chunks	£1.79
227g Dole Pineapple Chunks	£0.70
400g Heinz Vegetable	£0.85
500g Napolina Pasta	£1.17
1kg Long grain Rice	£0.55
500g Dolmio Bolognese Sauce	£1.94
114g Pot Noodle Chicken & Mush	£1.32
x12 Walkers Crisps Variety Pack	£2.89
340g Hartleys best Strawberry jam	£1.49
<b><u>Total</u></b>	<b><u>£17.71</u></b>

Supermarket basic range	
1 kg Muesli	£0.94
300g Milk Chocolate Digestive	£0.45
420g Baked Beans	£0.30
185g Tuna Chunks	£0.55
227g Pineapple pieces	£0.20
400g Vegetable Soup	£0.17
500g Pasta shapes	£0.41
1kg Long grain Rice	£1.24
440g Bolognese Sauce	£0.38
80g Cup Noodle Chicken & Mush	£0.16
x12 Crisps Variety Pack	£1.89
454g Strawberry Jam	£0.35
<b><u>Total</u></b>	<b><u>£7.13</u></b>

<b><u>Difference</u></b>	<b><u>£10.58</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.**