

Handy shopping guide



When you are out shopping - always ask yourself:

- Do I need this?
- Can I afford it?



If you buy something - get a receipt. You will need this if you change your mind and want to get your money back.

Warning



Some shops won't give you your money back if you change your mind.

You can ask a member of staff about this before you pay for your shopping.



Food

When you are buying food, remember to:



- Check the 'use by' date. This is when the food has to be eaten by. Shops are not allowed to sell foods after this date.



- Check the 'Best before' date. You can still eat food after this date, but it might not taste as good.

Tip



If you are buying something worth over £100, use a credit card.

If you buy with a credit card the bank may be able to give you your money back if things go wrong.