

Food shopping guide

You can use this food shopping guide to help budget for your living costs while studying in Aberdeen. You'll find information about supermarkets, local shops and eating out within easy reach of the University's central area to help you make the right choices.

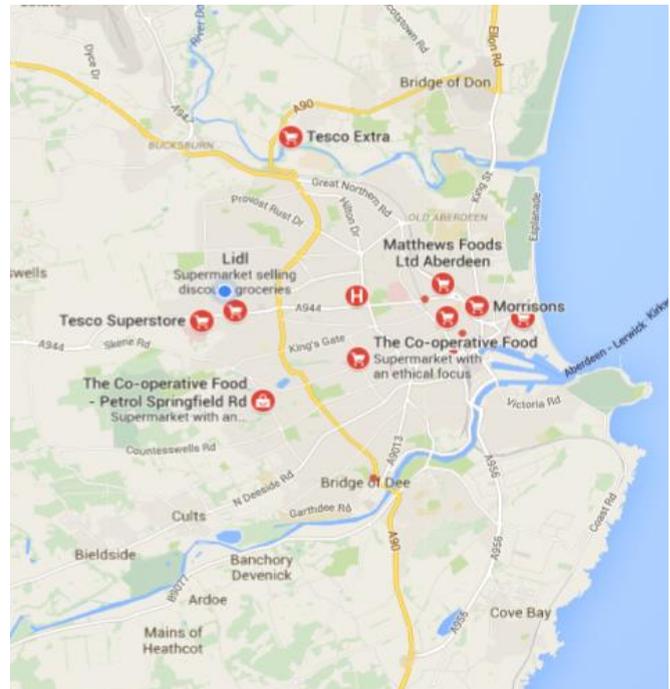
Top tips!

- *Buying food on a weekly basis can keep costs down and avoid waste.*
- *Sharing food shopping with flat mates or friends can save time and money.*
- *Most supermarkets offer an online ordering and delivery service for a small charge.*
- *Just before supermarkets close they often offer discounts on foods that have a short life-span.*
- *Frozen fruit and vegetables are just as healthy as fresh; they can be kept longer and are often cheaper too.*
- *Student discounts are often offered by restaurants and takeaways so always ask*
- *Preparing fresh meals is cheaper and healthier than buying pre-prepared meals or take-away food.*

Supermarkets nearby

Most major supermarkets chains have stores in and around Aberdeen. Many of these are close to the central area of the city.

- Tesco
- Lidl
- Matthews Foods LTD
- The Co-operative
- Asda (*not on map*)
- Farmfoods (*not on map*)
- Iceland (*not on map*)
- Morrisons



Specialist food shops

There is a wide variety of food available from local shops. Aberdeen is a cosmopolitan city with many specialist and international shops and restaurants. Meat, fruit, vegetables, spices and other products from around the world can be found close to the University and throughout the city. There is also a regular International Food Market held in the city centre.

Halal foods and Kosher foods are available from both specialist stores and some larger supermarkets.

International foods

- Harmonie Ventures LTD (African and Caribbean)
- Matthews Foods Ltd (Asian)
- Manchurian (Asian)
- Grosik European Mini Market
- Spice of Asia
- Piotr & Pawel Polish Deli
- The Polski Smak
- Rice N Spice
- Bismillah City Spice Shop
- Matthews Foods Ltd
- Lidl and Aldi

Locally sourced foods

- Haig's
- Mellis Deli
- The Store, Foveran
- Aberdeen Farmers Market

Many of these shops have their own websites where you will find more information.

Eating out

Food on the go

There are a range of shops and cafés close to the University to buy snacks and meals. Prices vary; the table below provides a guide to costs for common items:

Sandwich	£2.50 - £4.00
Coffee	£1.75 - £3.00
Soft drink	£1.00 - £2.50
Kebab/wrap	£3.00 - £5.00
Curry meal	£3.50 - £4.50
Fish & chips	£3.50 - £5.00
Burger & chips	£2.75 - £4.00
Pizza (1 portion)	£2.75 - £4.00

There are also places to eat on campus at RGU <http://www.rgu.ac.uk/catering/>

Bars and restaurants

The city has a wide variety of bars and restaurants and prices can vary widely. The table below provides a guide to average prices for a drinks and 2-course meals:

Restaurant lunch	£7.00 - £10.00
Restaurant dinner	£12.00 - £20.00
Spirit and mixer	£2.50 - £5.00
Beer (1 pint)	£2.75 - £4.50
Wine (1 small glass)	£2.00 - £3.50

You can often find special offers, promotions or vouchers online for eating and drinking out.

Budgeting for food

Knowing how much you'll need to budget for your food is an important part of planning your finances. This table shows products from 3 popular supermarkets to compare prices* of the foods you might regularly buy.

You can also check availability and prices of products on supermarkets' websites, and many of them also have an online service.

	Sainsbury's	Tesco	Lidl
Red apples 1kg	£1.85	£2.00	£1.49
Bananas 1kg	£0.68	£0.68	£0.68
Orange for 1	£0.30	£0.50	£0.45
Lemon for 1	£0.35	£0.30	N/A
White grapes 1kg	£3.00	£4.00	£2.99
Onion for 3	£1.00	£0.69	£0.55
Garlic for 1	£0.30	£0.30	£0.89 (206g)
Baking Potatoes 1kg	£1.20	£1.00	£0.86
Aubergines for 1	£0.80	£0.60	£0.45
Carrots 1kg	£0.60	£0.60	£0.45
Savoy cabbage for 1	£0.80	£0.70	£0.59
Mushrooms 1kg	£2.80	£2.64	£2.60
Green beans 300g	£1.40	£1.00	N/A
Mixed chillies 50g	£0.60	£0.60	N/A
Tomatoes 1kg	£2.00	£1.60	£1.27
Cucumber for 1	£0.45	£0.42	£0.39
Salad 100-200g	£1.00	£1.00	£0.85
Chinese leaf lettuce for 1	£1.20	£1.20	N/A
Iceberg lettuce for 1	£0.60	£0.49	£0.43
Pepper for 1	£0.60	£0.60	£0.49
Spices 32g	£1.35	£0.85-£1.50	£0.49-£0.79
Olive oil (all kinds) 500ml	£1.30-£3.70	£2.00-£3.75	£2.19-£2.89
Sunflower oil 1 litre	£1.20	£1.20	£0.89
Red lentils 500g	£0.90	£1.29	N/A
Couscous 1kg	£1.20	£1.40	£1.29
Basmati rice 1kg	£1.80	£1.79	£1.35
Pasta (shaped) 1kg	£1.20	£0.99	£0.98
Pasta (spaghetti) 1kg	£0.70	£0.99	£0.40
Noodles 100g	£0.30	£0.20	£0.18

Naan bread for 2 /300g	£0.75	£0.95	£0.49
Wholemeal bread packed 800g	£0.80	£0.50	£0.49
Breakfast cereal 1kg	£3.20	£2.60	£1.70
Biscuits 250-500g	£0.35	£0.40	£0.81
Pepsi cola 2 litres	£1.85	£1.98	N/A
Tea 125-150g	£1.15	£1.00	£1.19
Coffee (instant) 100-200g	£3.00	£2.80	£1.29
Mineral water 2 litres	£0.85	£0.17	£0.35
Orange juice 1 litre	£0.70	£1.00	£0.85
Butter (spreadable) 500g	£1.80-£3.25	£0.85-£3.25	£0.69-£3.25
Cheddar cheese mild 250g	£1.50	£1.40	£1.39
Natural yogurt (basic brand) 500g	£0.50	£1.00	£0.45
Milk (whole) 4 pints	£1.00	£1.00	£0.89
Eggs 6 large	£1.40	£0.89	£0.89
Soya milk (basic brand) 1 litre	£0.85	£0.75	£0.59
Quorn mince (vegetarian) 300g	£2.00	£3.00	N/A
Quorn sausages (vegetarian) x 6 / 250g	£2.20	£2.50	N/A
Chicken (whole) 1 kg	£3.50	£4.00	£4.62
Lamb chops x 6	£4.50	£4.00	£3.99
Pork chops 500g	£3.10	£3.00	£2.69
Beef steak 500g	£3.50	£3.53	£2.99
Salmon fillets x 2 / 300g	£3.30	£3.00	£2.99
Prawns (peeled) 300g	£3.00	£3.40	£3.98
Tuna tinned 3 x 60g	£1.85	£1.50	£0.62

*Information correct at time of publication, April 2015.

To check prices in another currency you can find up-to-date exchange rates online: www.oanda.com