

Summer Savings

With a little planning and preparation here are tips for eating out and keeping cool for less, and free activities for kids, during the summer holiday season.



Plan ahead for cheap eats

Often the most expensive part of a day out during the summer is the cost of buying food and drink while you are out, especially for families. Places popular with visitors charge two or three times more than normal prices even for basics such as bottled water. Take control of costs by bringing food and drink with you. The bonus to bringing your own food is that it supports anyone with dietary needs.

- **Food to go.** Make the most of the summer weather with a picnic. Plan ahead for trips out while you do your supermarket shopping so you are prepared. Check out these [savvy supermarket shopping tips](#) to help make cost savings while you shop for food and drink to take out.



- **Keep it cool.** Keep your cold drinks chilled and your food fridge-fresh with a low-cost picnic cooler bag. Prices start at just a few pounds from Amazon, Argos, and leading supermarkets. They are foil insulated and available in different sizes.

- **Be portable.** Investing in portable food and drink containers are brilliant value for money as they can be used indefinitely. Tupperware nests are economical on both money and space, as they are cheaper than multiple individual containers, and fit inside each other when empty for the journey home. Great value tupperware sets start at £3-£5 from stores such as Asda. Consider buying reusable drinking bottles, prices from £3 at Ocado and other stores, to fill with water from home.

Prepare to be cool

- **Block heat.** It can be a challenge to keep cool and comfortable during hot weather without running up cost of air conditioning or electric fans at home. Avoid returning from a day out to a boiling hot home by keeping windows and curtains closed while you are out, to block the sun from beaming in through your windows. Open windows in the evening and at night to let in cooler air.

- **Chill out.** If bedrooms are still really hot at night, instead of leaving an electric fan on, try cooling the bed using a chilled hot water bottle. Fill it with cold water instead of hot, and then leave it to chill in the freezer for a few minutes.

- **Fan-tastic.** A small portable fan is a must-have for creating a breeze on sweaty journeys, and can be used anywhere. EasyAcc is a low-cost USB rechargeable mini fan (£20 from Amazon, £12 for John Lewis own-brand). It's compact and lightweight, at only four inches diameter it's easy to carry around. Use indoors instead of an electric table fan to save on energy cost, if you're looking to keep yourself cool rather than the whole room.



TOP TIP

Make your own ice lollies

Use fruit juice and fruit pieces for a healthy frozen treat. Simply pour into reusable lolly moulds and freeze. Moulds start from £0.99-£3 per pack, some include reusable plastic sticks, from stores such as Wilko, Morrisons, and budget website temu.com. Not just for kids to enjoy, it's a cheap fun activity to occupy them. Low budget [quick homemade lolly recipes](#) to try out, including [peaches and cream lolly](#) as shown here. Typical ingredient cost 25-50p per lolly.



Free summer activities for youngsters

Check your local borough council website or better.org.uk for free activities available to children and teenagers during the school holidays. Here are a couple of examples:

- **Clissold Park Splash Pad, Hackney**

A chance to cool off in a playground filled with water features. For children up to age 16. Open 11.00am-6.00pm weekends until 23 September. Further details and the link for option to pre-book at [hackney.gov.uk/clissold park splash pad](http://hackney.gov.uk/clissold-park-splash-pad) This park is a great destination for a no-cost family outing, with lots of activity areas and perfect for picnics.

- **Brady Arts Centre, Tower Hamlets**

Wide variety of creative and educational arts workshops for 11-19 year olds throughout the summer holidays. Great opportunity to have fun exploring the arts while making new friends. Details at [Summer Art East](#) and [Team Arts Education Summer Programme](#)

Useful links

better.org.uk

Supporting health and wellbeing. Look up free and low-cost activities in your local area available during the summer holidays.

[savvy supermarket shopping tips](#)

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