

For ENGLISH text
go to page 6

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Cyngorion Siopa am Fwyd

Canllaw i bobl ifanc

Adnodd 9 o 12



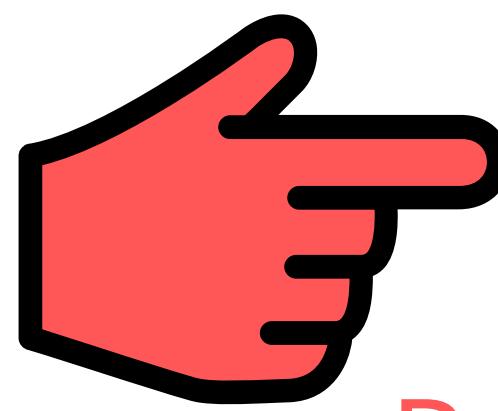
Mae'n bosib hoffet ti ddarllen yr adnoddau
hyn hefyd:

- Arian - Mae angen peth arna i!
- Arian - Rhoi rhywfaint o arian heibio
- Cyllidebu

Prosiect Paratoi

Nodiadau am y cymariaethau:

- Doedd hi ddim wastad yn bosib cymharu eitemau o'r un maint yn union
- **Pwrpas cymharu prisiau fel hyn yw bod yn ganllaw i ddangos sut mae prisiau'n gallu cymharu yn dibynnu ar yr eitem rwyd ti'n dewis**
- Roedd y prisiau'n gywir ar 12 Rhagfyr 2019 ond mae prisiau'n gallu newid yn rheolaidd ym mhob siop
- Nwyddau safonol pob archfarchnad oedd yr eitemau heb eu brandio a gafodd eu dewis
- Mae'r archfarchnadoedd a'r nwyddau a gafodd eu dewis yn enghreifftiau yn unig - dydy Plant yng Nghymru ddim yn eu cymeradwyo.



Yma, rydyn ni wedi cymryd rhai eitemau poblogaidd mewn archfarchnad boblogaidd a chymharu nwyddau wedi'u brandio a nwyddau cyfatebol sydd heb eu brandio.

Pwysau

Sawl gram (g) sydd mewn cilogram (kg)?

1 KG =	1000g
3/4 KG =	750g
1/2 KG =	500g
1/4 KG =	250g

Cyfaint

Sawl mililitr (ml) sydd mewn litr (L)?

1 L =	1000ml
3/4 L =	750ml
1/2 L =	500ml
1/4 L =	250ml

Peintiau a litrau?

1 peint = 568ml

Cymharu Prisiau - Archfarchnad

Nwyddau wedi'u brandio yn TESCO

- Te – Bagiau Te Tetley (pecyn o 80 bag) • £2.65
- Llaeth hanner sgim (2 beint) - heb ei frandio • 80p
- Grawnfwyd - Kellogg's Corn Flakes (450g) • £1.89
- Bara – Bara Gwyn Brace's (800g) • £1.10
- Caws - Cathedral City Medium Strength (550g) • £3
- Brestiau cyw iâr (650g) - heb eu brandio • £3.80
- Tatws (2kg) - heb eu brandio • £1.50
- Pys - Birdseye Frozen Peas (800g) • £2.05
- Selsig - Richmond Sausages (8 mewn pecyn/454g) • £2
- Coca Cola (2x 1.5L) • £3
- Bisgedi - McVities Chocolate Digestives (433g) • £1.50
- Siwgr - Silver Spoon (1kg) • 69p
- Sôs coch - Heinz Tomato Ketchup (910g) • £2.80
- Ffa pob - Heinz Baked Beans (4 tun) • £2.30

CYFANSWM £29.08

O
gymharu
â

ARBEDION TRWY
BRYNU NWYDDAU
HEB EU BRANDIO
£9.90 neu
34%

CYFANSWM £19.18

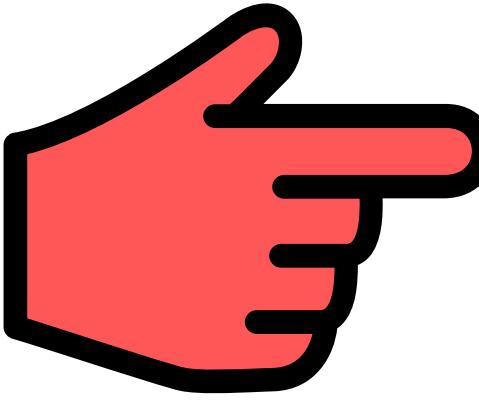
Dosbarthu

Mae rhai archfarchnadoedd yn cynnig gwasanaeth dosbarthu. Meddylia am y canlynol:

- Cost dosbarthu
- Y swm lleiaf mae angen ei wario. Wyt ti'n gallu ei fforddio?

Nodiadau am y cymariaethau:

- Doedd hi ddim wastad yn bosib cymharu eitemau o'r un maint yn union
- Pwrpas cymharu prisiau fel hyn yw bod yn ganllaw i ddangos sut mae prisiau'n gallu cymharu yn dibynnu ar yr eitem rwyt ti'n dewis**
- Roedd y prisiau'n gywir ar 12 Rhagfyr 2019 ond mae prisiau'n gallu newid yn rheolaidd ym mhob siop
- Nwyddau safonol pob archfarchnad oedd yr eitemau heb eu brandio a gafodd eu dewis
- Mae'r archfarchnadoedd a'r nwyddau a gafodd eu dewis yn enghreifftiau yn unig - dydy Plant yng Nghymru ddim yn eu cymeradwyo.



Yma, rydyn ni wedi cymryd rhai eitemau poblogaidd mewn dwy archfarchnad boblogaidd a chymharu eu prisiau



Wrth edrych ar y pris fesul kg ar gyfer pob eitem, Lidl oedd y rhataf ar gyfer pob cynnyrch ddefnyddion ni yn yr enghraifft.

Cymharu Prisiau

Cynnyrch heb eu brandio o ASDA

- | | |
|----------------------------------|---------|
| • Bagiau Te (80 Bags) | • £1 |
| • Llaeth hanner sgim (2 pints) | • 79p |
| • Grawnfwyd - Corn Flakes (450g) | • 77p |
| • Bara Gwyn (800g) | • 55p |
| • Caws (460g) | • £2.49 |
| • Brestiau cyw iâr (650g) | • £3.59 |
| • Tatws (2.5kg) | • £1 |
| • Pys (1kg) | • 99p |
| • Selsig (8 mewn pecyn/454g) | • £1.50 |
| • Cola (2L) | • 50p |
| • Bisgedi (300g) | • 44p |
| • Siwgr (1kg) | • 65p |
| • Sôs coch (720g) | • 67p |
| • Ffa pob (4 tins) | • £1 |

CYFANSWM £15.94

O
gymharu
â

- | | |
|---------|----------------------------------|
| • 99p | • Bagiau Te (160 Bags) |
| • 79p | • Llaeth hanner sgim (2 pints) |
| • 50p | • Grawnfwyd - Corn Flakes (500g) |
| • 49p | • Bara Gwyn (800g) |
| • £1.79 | • Caws (400g) |
| • £2.35 | • Brestiau cyw iâr (590g) |
| • £1 | • Tatws (2.5kg) |
| • 79p | • Pys (900g) |
| • £1.35 | • Selsig (8 mewn pecyn/454g) |
| • 39p | • Cola (2L) |
| • 42p | • Bisgedi (300g) |
| • 65p | • Siwgr (1kg) |
| • 45p | • Sôs coch (560g) |
| • 98p | • Ffa pob (4 tins) |

CYFANSWM £12.94

Teithio

Meddylia am sut mae cyrraedd y siop rwyt ti wedi dewis. Os oes siop yn agos i'th gartref, gallai honno fod y dewis rhataf. Er enghraifft, os yw ASDA yn agos ac mae Lidl yn daith fws £4 i ffwrdd, ASDA yw'r siop rataf ar sail yr enghraifft uchod.

Y
GWAHANIAETH
RHWNG SIOPAU
£3 or
19%

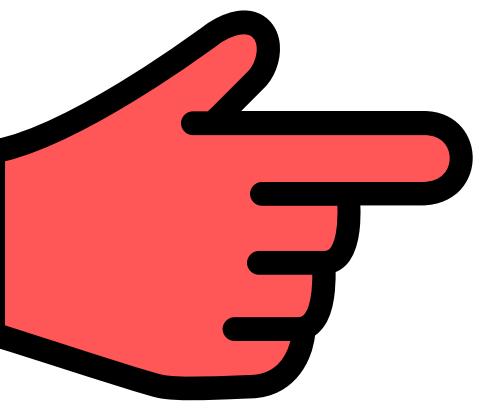
DEWIS

Marchnadoedd Lleol

Efallai byddi di am roi cynnig ar brynu bwyd o'r farchnad lleol. Gall prisiau amrywio ond mewn marchnad mae'n bosib prynu'r union faint sydd ei angen, gan leihau'r bwyd byddi di'n ei wastraffu.

Sir Gaerfyrddin

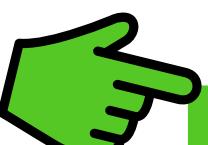
- Rhydaman (bob dydd Gwener)
- Caerfyrddin
- Llandeilo (bob dydd Gwener)
- Llanymddyfri (bob dydd Gwener)
- Llanelli



Yma, byddwn ni'n edrych ar yr amrywiaeth o ddewisiadau sydd o ran siopa am fwyd. Dewis o ran ble mae mynd a beth i'w brynu ...

Siopau

- Mae'r dewis o ran mathau o siopau a'r pethau mae pob siop yn eu gwerthu yn gallu dy lethu.
- Mae'n gallu bod yn anodd i ti wybod wyt ti'n cael gwerth da am arian
- Mae'n bwysig cymharu prisiau mewn siopau a deall ble mae'n bosib arbed arian



Er 'cyfleustra' mae siopau yn gwerthu bwyd parod, fel caws wedi ei gratio a moron wedi eu torri'n barod. Mae hyn yn aml yn costio llawer mwy na bwyd sydd heb ei baratoi.
Er enghraifft:

- Caws wedi'i gratio (250g) - £7.60 y kg
- Bloc o gaws (460g) - £5 y kg

Ble galla i fynd?

Rwyt ti'n gallu mynd i gynifer o lefydd i brynu bwyd

- Mae'r archfarchnadoedd yn cynnwys Tesco, ASDA, Morrisons a Sainsbury
- Mae'r siopau 'disgownt' yn cynnwys Aldi a Lidl
- Mae siopau cyfleustra yn cynnwys Co-op, Tesco Express a NISA Local
- Mae siopau eraill yn cynnwys Iceland, B&M, Home Bargains, Poundstretcher, Poundland
- Mae marchnadoedd lleol yn aml yn cynnwys stondinau ffrwythau a llysiau, stondinau cig ac ati

Wrth feddwl ble i fynd, meddylia hefyd am gost y daith yno ac yn ôl. Fydd angen i ti ddal bws? Wyt ti'n gallu cerdded yno? Fel arfer, ond nid bob tro, bydd siop cyfleustra yn ddrutach na phrynu o un o'r siopau eraill, ond bydd hi'n nes at dy gartref.

T. British
Mature Cheddar
Cheese 460G
£5 per kg
1084810202/5/67545877906/05

£2.30



Y Rhataf?

- Gall prisiau fod yn ddigon i'n drysu'n lân
- Y ffordd orau o wybod ydy rhywbeth yn werth yr arian yw edrych ar y pris y kg sy'n cael ei ddangos wrth ymyl y pris ar y silff
- Po isaf ydy'r rhif, rhataf ydy'r nwyddau!



Siarad â'th Gynghorydd Personol ynglŷn â chwblhau modiwl dysgu wedi'i achredu fel:

- Sgiliau Coginio: Cyflwyniad i ddilyn rysáit
- Sgiliau Byw'n Annibynnol

CYNGHORION

Gwefannau defnyddiol

Diogelwch bwyd a gwastraff:

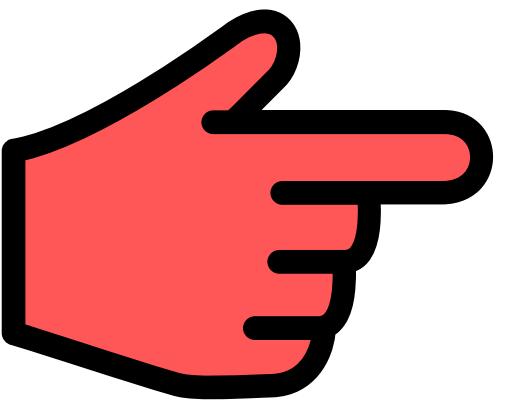
- <https://www.lovefoodhatewaste.com/>
- <https://www.food.gov.uk/food-safety>

Cymharu prisiau bwyd ac arbed arian

- <https://www.mysupermarket.co.uk/>
- <https://www.moneysavingexpert.com/>

Syniadau am ryseitiau ac ati

- <https://www.bbcbigfood.com/feature/budget>
- <http://allrecipes.co.uk/recipes/tag-5555/budget-cooking-for-one.aspx>
- <https://www.jamieoliver.com/recipes/category/course/cheap-cheerful/>



Dyma rai cynghorion defnyddiol ar gyfer arbed arian a lleihau gwastraff.

Gwastraff

Fel gwlad, rydyn ni'n gwastraffu tua un rhan o dair o'r bwyd sy'n cael ei gynhyrchu. Mae rhan sylweddol o'r bwyd hwn yn wastraff bwyd cartref sy'n golygu bod arian yn cael ei wastraffu.

Felly, bydd ffyrdd o leihau gwastraff yn **arbed arian i ti**:

- Pryna beth sydd ei angen arnat ti yn unig
- Gwna restr siopa cyn mynd i siopa
- Dilyn y cyfarwyddiadau storio ar becynnau bwyd
- Chwilia am focsys neu fagiau i ddal dy fwyd dros ben
- Defnyddia dy rewgell! Mae rhewi bwyd yn agos at ei ddyddiad defnyddio yn gwneud iddo bara'n hirach.
- Rhanna becynnau o gig yn ddognau llai sy'n ddigon i un pryd a'u rhewi mewn bagiau unigol.
- Defnyddia ap fel **Supercook** i gael ryseitiau ar gyfer y bwyd sydd ar ôl yn yr oergell.

Mae angen i ti ofalu hefyd dy fod yn dilyn y canllawiau ailgylchu yn yr ardal lle'r wyt ti'n byw. Mae'n bosib y cei di ddirwy am roi gwastraff bwyd yn dy fin/fag sbwriel.

<https://www.sirgar.llyw.cymru/cartref/gwasanaethaur-cyngor/ailgylchu-biniau-asbwriel/gwastraff-bwyd/#.XmjRxKj7RPY>

Y gwahaniaeth rhwng Dyddiad Ar ei Orau a Dyddiad Defnyddio Erbyn

- **Canllaw** ydy'r dyddiad 'ar ei orau cyn'. Dydy hwn ddim yn golygu bod ti'n methu bwyta'r bwyd ar ôl y dyddiad yma. Fe ddylai bara'n llawer hirach na hynny.
- Mae dyddiad 'defnyddio erbyn' yn **ddyddiad pendant** sy'n dangos erbyn pryd dylet ti ddefnyddio'r bwyd (dydy'r dyddiad ddim yn cyfri os wyt ti wedi rhewi'r bwyd cyn y dyddiad defnyddio)

Maint Pecynnau

- Wrth siopa, rho sylw i faint y pecyn neu'r botel.
- Yn aml, mae pecynnau'n cael eu gwneud i edrych yn fwy nag ydyn nhw mewn gwirionedd
- Er enghraifft, mae Poundland yn gwerthu pecyn o 4 bag o greision Walkers tra bydd gan archfarchnadoedd becynnau o 6 neu 8 bag o bosib.



- I gael bwyd am bris isel neu am ddim, gallet ti roi cynnig ar ap **Too Good to Go** neu ap **Olio**.
- Mae'r rhain yn cymryd bwyd a fyddai'n cael ei daflu i ffwrdd fel arall, ac yn ei gynnig am bris isel iawn neu i'w gasglu AM DDIM
- Mae'r llefudd sy'n cynnig bwyd yn cynnwys bwyta'i, gwestai ac archfarchnadoedd

Disgowntiau

Mae'n bosib cael disgownt ar rai eitemau:

- Weithiau, mae archfarchnadoedd yn rhoi talebau arian i ffwrdd mewn papurau newydd.
- Gall cylchgrawn yr archfarchnad gynnwys talebau arian i fwrrd ar gyfer y siop neu nwyddau penodol.
- Os wyt ti'n mynd i siopa yn gynnar gyda'r nos bydd silffoedd o eitemau am bris gostyngol sy'n dal i fod yn ddigon da i'w bwyta ond yn para am gyfnod byr. Bydd sticer oren neu felyn ar y rhain fel arfer.





Food Shopping tips

A young person's guide for Carmarthenshire

Resource 9 of 12



You may also like to read these resources:

- Money- I need some!
- Money- putting some aside
- Budgeting

Getting Ready Project

Notes regarding the comparison:

- It was not always possible to compare exactly the same size item
- **The price comparison is meant as a guide** to see how prices may compare depending on the item you choose
- Prices were correct on 12th December 2019 but prices can change regularly in each shop
- Unbranded items chosen were each supermarket's standard product
- The supermarkets and products chosen are examples only and are not endorsed by Children in Wales.



Here we have taken some popular items in a popular supermarket and compared branded and non branded equivalents.

Weight

How many grams (g) in a kilogram (kg)?

1 KG = 1000g
3/4 KG = 750g
1/2 KG = 500g
1/4 KG = 250g

Volume

How many mililitres (ml) in a litre (L)?

1 L = 1000ml
3/4 L = 750ml
1/2 L = 500ml
1/4 L = 250ml

Pints and litres?

1 pint = 568ml

Price Comparison- Supermarket

TESCO Branded Products

- Tetley Tea Bags (80 Bags) • £2.65
- Semi skilled milk (2 pints)- non brand • 80p
- Kellogg's Corn Flakes (450g) • £1.89
- Brace's White Bread (800g) • £1.10
- Cathedral City Medium Strength Cheese (550g) • £3
- Chicken Breasts (650g)- non brand • £3.80
- Potatoes (2kg)- non brand • £1.50
- Birdseye Frozen Peas (800g) • £2.05
- Richmond Sausages (8 pack/454g) • £2
- Coca Cola (2x 1.5L) • £3
- McVities Chocolate Digestives (433g) • £1.50
- Silver Spoon Sugar (1kg) • 69p
- Heinz Tomato Ketchup (910g) • £2.80
- Heinz Baked Beans (4 tins) • £2.30

TOTAL £29.08

VS

TESCO Non-branded Products

- £1.10 • Tea Bags (80 Bags)
- 80p • Semi skilled milk (2 pints)
- 60p • Corn Flakes (500g)
- 59p • White Bread (800g)
- £2.30 • Medium Strength Cheese (460g)
- £3.80 • Chicken Breasts (650g)
- £1.50 • Potatoes (2kg)
- £1.20 • Frozen Peas (1kg)
- £3 • Sausages (2 x 8 pack/ 2x 454g)
- £1 • Cola (2L) x 2
- 60p • Chocolate Digestives (300g)
- 69p • Silver Spoon Sugar (1kg)
- £1 • Tomato Ketchup (990g)
- £1 • Baked Beans (4 tins)

TOTAL £19.18

Delivery

Some supermarkets offer delivery. Think about:

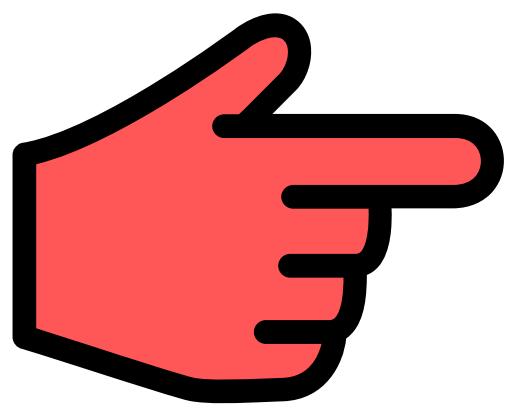
- The cost of delivery
- The minimum spend needed. Can you afford this?



**SAVING WHEN
BUYING NON
BRANDED
£9.90 or
34%**

Notes regarding the comparison:

- It was not always possible to compare exactly the same size item
- **The price comparison is meant as a guide to see how prices may compare depending on the item you choose**
- Prices were correct on 12th December 2019 but prices can change regularly in each shop
- Unbranded items chosen were each supermarket's standard product
- The supermarkets and products chosen are examples only and are not endorsed by Children in Wales.



Here we have taken some popular items in two popular supermarkets and compared their prices.



When looking at the price per kg of each item, Lidl was the cheapest for every product used in the example.

Price Comparison

ASDA Non-branded products

- | | |
|---------------------------------|---------|
| • Tea Bags (80 Bags) | • £1 |
| • Semi skilled milk (2 pints) | • 79p |
| • Corn Flakes (450g) | • 77p |
| • White Bread (800g) | • 55p |
| • Medium Strength Cheese (500g) | • £2.49 |
| • Chicken Breasts (650g) | • £3.59 |
| • Potatoes (2.5kg) | • £1 |
| • Frozen Peas (1kg) | • 99p |
| • Sausages (8 pack/454g) | • £1.50 |
| • Cola (2L) | • 50p |
| • Chocolate Digestives (300g) | • 44p |
| • Sugar (1kg) | • 65p |
| • Tomato Ketchup (720g) | • 67p |
| • Baked Beans (4 tins) | • £1 |

TOTAL £15.94

VS

LIDL Non-branded Products

- | | |
|---------|---------------------------------|
| • 99p | • Tea Bags (160 Bags) |
| • 79p | • Semi skilled milk (2 pints) |
| • 50p | • Corn Flakes (500g) |
| • 49p | • White Bread (800g) |
| • £1.79 | • Medium Strength Cheese (400g) |
| • £2.35 | • Chicken Breasts (590g) |
| • £1 | • Potatoes (2.5kg) |
| • 79p | • Frozen Peas (900g) |
| • £1.35 | • Sausages (8 pack/454g) |
| • 39p | • Cola (2L) |
| • 42p | • Chocolate Digestives (300g) |
| • 65p | • Silver Spoon Sugar (1kg) |
| • 45p | • Tomato Ketchup (560g) |
| • 98p | • Baked Beans (4 tins) |

TOTAL £12.94

DIFFERENCE BETWEEN SHOPS

**£3 or
19%**

Travel

Think about how you get to the shop of your choice. If there is a shop close to you, this may be the cheapest option.

For example if ASDA is close and Lidl is a £4 bus journey away, ASDA is the cheapest based on the example above

CHOICE

Local Markets

You may also want to try your local market when buying food. Prices can vary but in a market you can buy the exact amount you need, reducing food you waste.

Anglesey:

- Llangefni Market

Carmarthenshire

- Ammanford (every Friday)
- Carmarthen
- Llandeilo (every Friday)
- Llandovery (every Friday)
- Llanelli

Rhondda Cynon Taff

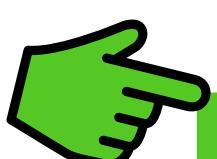
- Aberdare
- Pontypridd



Here we will look at the range of choices when it comes to shopping for food. Choice in terms of where to go and what to buy.....

Shops

- There is perhaps an overwhelming amount of choice both on the types of shops and what each shop sells.
- This can make it hard to know if you are getting good value
- It is important to shop around a little to understand where you can save



For 'convenience' shops are selling pre-prepared food such as ready grated cheese and pre cut carrots. This is often much more expensive than unprepared food.
For example:

- Grated cheese (250g)- £7.60 per kg
- Block of cheese (460g) - £5 per kg

Brands

- You can save so much money by not buying brands, it is worth thinking about what items you buy
- If however, you only want that specific brand you still need to shop around
- Many shops fight each other for the best price on a brand name
- Also don't forget shops such as B&M and Home Bargains sell a large range of branded products usually at good prices
- It is worth remembering branded and non branded products are sometimes made in the same factory!

Where can I go?

There are so many places you can go to buy food

- Supermarkets include Tesco, ASDA, Morrisons and Sainsbury's
- 'Discounters' include Aldi and Lidl
- Convenience include: Coop, Tesco Express and NISA Local
- Other shops include Iceland, B&M, Home Bargains, Poundstretcher, Poundland
- Local markets- often have fruit and veg stalls, butchers etc
- When thinking about where to go, also think about the cost of getting there and back. Do you need to get a bus? Can you walk?

Usually, but not always a convenience shop will be more expensive than buying in any of the others but it will be closer to your home.



Cheapest?

- Prices can be very confusing
- The best way to know if you are getting value is to look at the price per kg that is displayed on the shelf price
- The lower the number the cheaper it is!

Speak to your Personal Advisor about completing an accredited learning module in topics such as:

- Cooking Skills: Introduction to following a recipe
- Independent Living Skills

TIPS

Useful websites

Food safety and waste:

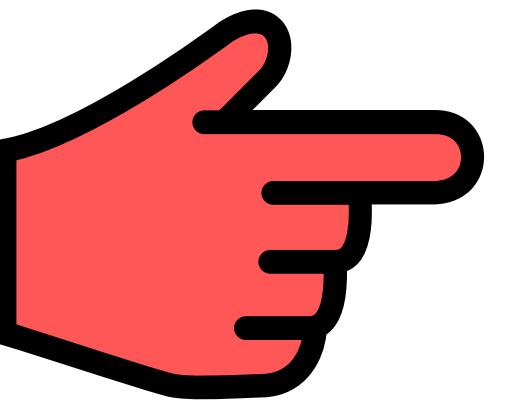
- <https://www.lovefoodhatewaste.com/>
- <https://www.food.gov.uk/food-safety>

Food comparison and saving money

- <https://www.mysupermarket.co.uk/>
- <https://www.moneysavingexpert.com/>

Recipe ideas etc

- <https://www.bbcbigfood.com/feature/budget>
- <http://allrecipes.co.uk/recipes/tag-5555/budget-cooking-for-one.aspx>
- <https://www.jamieoliver.com/recipes/category/course/cheap-cheerful/>



Here are some useful tips for saving money and reducing your waste.

Waste

As a country we waste about a third of the food produced. A significant part of this is household food waste which means wasted money.

Ways to reduce your waste therefore **save you money**:

- Only buy what you need
- Make a shopping list before you go shopping
- Follow the storage instructions on packets
- Get boxes or bags to put your leftovers in
- The freezer is your friend! Freezing food close to their use by date will make them last longer.
- Split packs of meat into smaller meal size portions and freeze them in separate bags.
- Use an app such as **Supercook** to get recipes for what you have left in the fridge

You also need to make sure you are following recycling guidelines where you live. If you put food waste in your rubbish you may get fined.

<https://www.carmarthenshire.gov.wales/home/council-services/recycling-bins-and-litter/food-waste/#.Xl551aj7RPY>



Best Before v Use by

- A best before date is a **guide date**. It does not mean you can't eat the food after this date. It should last much longer than this
- Use by- a **strict date** by which you should use the food (the date does not count if you have frozen the food before the use by date)

Packet size

- When shopping pay attention to the size of the packet or bottle.
- They are often packaged to look bigger than they really are
- An example is Poundland selling a 4 pack of Walkers crisps when in Supermarkets they may be a 6 pack or 8 pack.



- To get food at a low price or free, you could try the **Too Good to Go** or **Olio** apps.
- These offer food that would otherwise get thrown out at a very low price or FREE to pick up
- Places offering food include restaurants, hotels and supermarkets

Discounts

There may be ways of getting discounts on items:

- Supermarkets sometimes have a money off voucher in a newspaper.
- A supermarket magazine may have money off vouchers for the shop or certain products
- If you go to the shop in the early evening there are sections of 'reduced' items that are still perfectly fine to eat but have a short date. They usually have an orange or yellow sticker

