

Mrs Crunch



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FULL OF FRESH IDEAS TO HELP SAVE YOU MONEY

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EAT in to help out. As the lockdown rules finally relax, eating inside cafes and restaurants is back on from this week and in Northern Ireland from next Monday.

While two in five families say they will be dining out immediately, a third need more reassurance, according to a study from ChannelMum.com.

Here's my handy guide to going out to eat in again, plus the best dine-in deals to tempt your tastebuds.

●Prices on this page correct at time of going to press. Deals and offers subject to availability.

The return to cafe society

TIPS ON TRIPS OUT AS THE RESTAURANT RULES ARE RELAXED



Dine-in deals

Marks & Spencer has a new cafe children's meal deal including a main, drink, fruit & snack for £3.95.

The Range is offering a bacon or sausage bloomer for only £1.50 from its Dee Dee's cafe when you buy any hot drink. Order before 11am.

Morrisons has upgraded its cafe menu to include afternoon tea for two for just £12. There is also a new separate vegetarian and vegan menu plus Morrisons' The Best products being served. All cafes also have brand new crockery. **Squires Garden Centres** are serving any hot drink plus cake for £5.95 all day.

Tesco Cafes have a lunchtime meal deal with a panini or toastie plus hot drink for £4.35. Enjoy a free 330ml Peroni when dining in at **Pizza Express** Sunday to Thursday. Non-alcoholic alternatives available in Scotland and on Jersey.



Stay safe out there

- Prepare your own dining out kit to take with you. Include hand sanitiser and anti-bacterial wipes. Morrisons have an 80-pack Multi-Purpose Antibacterial Original Wipes for just £1, while Aldi's purse-sized 50ml Aloe Anti-Bac hand gel is only 49p.
- Sanitise on arrival. Cafes and restaurants should also offer their own sanitising stations.
- Check in with the NHS Test and Trace app.
- Look for a cafe with protective screens in between tables, such as the new-look Morrisons cafes.
- Ensure staff wipe down tables and seating between each set of customers.
- Can you pay safely? Some venues will allow you to order and even settle the bill from your phone. Try the new Morrisons Order & Pay app in the store's cafes. See morrisons.com/cafe

'APPY MEALS: McDonald's customers can support families of seriously ill children by clicking to donate 20p to Ronald McDonald House Charities UK via the McDonald's app when placing their order.



STEP FORWARD: With two-thirds of us saying that exercise is a priority for improving our health, the British Heart Foundation is urging people to sign up for its MyMarathon challenge at bhf.org.uk. You can get sponsored for running the distance of a marathon over a month.



SUN SENSE: With a third of parents saying they cannot afford to buy sunscreen for the whole family, Tesco will now reduce the price of its own-label suncream range – Tesco Soleil – by 20 per cent. The store is covering the VAT costs itself.



GOING UP

GOING DOWN

TESTING TIMES: Millions of drivers do not understand car MoTs, with nearly half unaware an expired MoT might make insurance invalid. A quarter wrongly believe an MoT pass means a car is safe to drive for the next year, according to Go Compare.



SOCIAL BUTTERFLIES: Four in five people have social worries as restrictions are lifted. Going back to the office, seeing the in-laws and dating all make it on to a list of top ten fears, according to UKTV's comedy channel Dave.



PUT A LID ON IT: More than seven in ten people would support a ban on single-use plastic lids. Nine in ten believe the lids are a major source of environmental pollution and litter, says a survey from plastic-free paper cup maker ButterflyCup.



PLANET PLAN . . . Angela

GOING green and making eco-friendly choices is a great way to become more aware of your spending.

If you need inspiration, environmental scientist Angela Terry has created website onehome.org.uk. It's full of cost-effective, environmentally conscious ideas.

Angela's savings tips are:

WEBSITE of the WEEK

1 Eat less meat. On average, meat makes up 61 per cent of weekly food shopping bills and farming cattle consumes a lot of energy. Swap one or two meals a week for vegetarian alternatives and watch the savings stack up,

2 Use your eco settings. Modern washing machines and dishwashers will have an eco-mode. Make sure the machine is full and then press this button for standard loads. It means the machine will use lower wash and rinse

temperatures, so less energy is required for heating.

3 Walk rather than drive for short journeys. Walking is the ultimate free activity. Save money on petrol and help save the planet too. Swapping a one-mile drive for a one-mile walk also prevents an average of 411g of carbon dioxide being pumped into the atmosphere.