

LUNCH COMPARISONS

Whilst a takeaway coffee or shop bought sandwich can make a nice treat, the cost (both to the planet and to your pocket) of buying these items every day soon mounts up. Many takeaway items

come in single-use packaging and cost significantly more than if you were to prepare them yourself. Take a look at our lunch comparisons and see how you could [#swap2save](#)

Takeaway americano
(black): £1.84

Takeaway sandwich: £2.96

Takeaway fruit
(grapes 165g): £1.50

Total: £6.30



Coffee made at home
(black): 13p

Homemade sandwich: 49p
Portion grapes (165g): 60p

Total: £1.22



Takeaway bottle of water:
£1.50

Takeaway soup: £3.50

Takeaway crisps: 85p

Total: £5.85



Refilled bottle of water:
free (using Refill app locations)

Homemade soup: 63p
Home-popped corn: 19p

Total: 82p



Takeaway tea: £1.64

Takeaway salad
(tuna nicoise): £3.81

Takeaway cookie: 60p

Total: £6.05



Tea made at home: 5p

Homemade salad (tuna
nicoise): £1.66

Homemade cookie (x2): 24p

Total: £1.95



Takeaway prices based on an approximate average of costs at a range of café takeaway outlets. Homemade prices based on an approximate average, per portion, cost of ingredients from a selection of major supermarkets or online sources.

Prices correct at time of publishing.

 Norfolk recycles

