

# Saving Suggestions and Recipes

The following items are great to have in the cupboard or fridge and are cost-effective to make healthy (and delicious!) meals:

- Turkey (find recipes [here](#))
- Chicken (find recipes [here](#))
- Pork (find recipes [here](#))
- Ham (find recipes [here](#))
- Beef (find recipes [here](#))
- Rice (find recipes [here](#))
- Pasta (find recipes [here](#))



**Aldi** runs its 'Super 6' campaign weekly, with different food available in the deal each week, e.g. vegetables and other sides for dishes. You can keep an eye on the Aldi Super 6 deals each week [here](#).

**Lidl** runs weekly 'Super Savers' deals with different items available each week. You can grab some great deals, so be sure to keep an eye on them weekly [here](#).

## Other Supports/Helpful Links

- If you have outstanding fees to pay, you can contact the fees office to arrange an instalment payment plan. For more information and contact details, click [here](#).
- The TFI Leap Card is a great, cost-effective way to be able to travel in Limerick, and indeed nationwide. For more information on the Leap Card, as well as the links to purchase and top-up the card, click [here](#).

