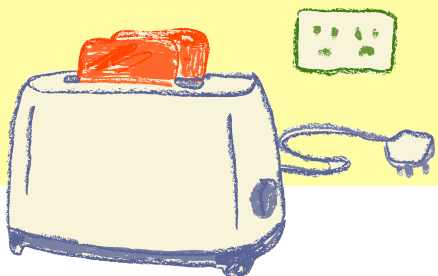


FRUGAL



*by sowing
frugality
we reap
liberty, a
golden
harvest*



Swansea University CampusLife

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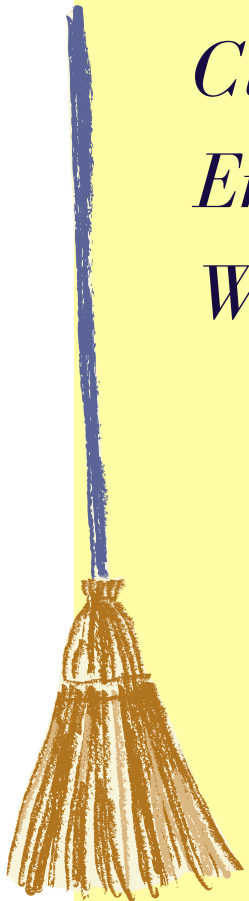


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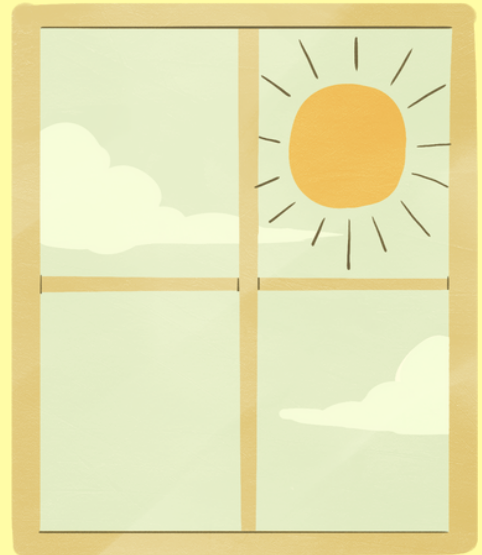
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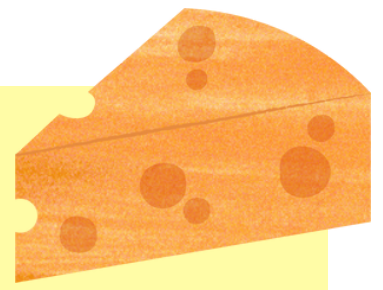
hello



I have really enjoyed putting together this guide to healthy, frugal living. Here are just a few ideas that I hope will be helpful. Please don't feel overwhelmed, start slow. I haven't tried all these methods myself so I encourage you to investigate and see what works for you.



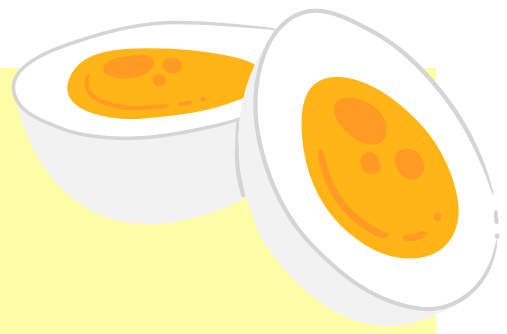
GROCERIES



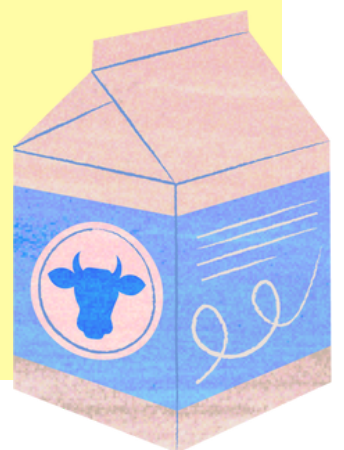
- Meal plan and prep - you could pick 2 or 3 meals that you're excited about to make in a week. Write the ingredients on your shopping list and then bulk cook for dinner/lunch for the next few days. Tupperwares (glass or stainless steel) are a must to save on food wastage, money and time. You could also bulk cook and freeze.
- Cook as a house/flat - if you can shop and take turns making yummy grub for each other you cut down on time, money and waste.
- Bring and share - food and friends, two of the best things in life! Instead of ordering food, why not each bring something to share? Together you've created a delicious assortment for half the price.
- Eating out/ordering in on special occasions - there can be a big saving to be made if you cook yourself compared with ordering in. Why not save it for a special celebration? Or search online for discount codes.
- Learn to make stews - hearty warmth that'll last days. Here's an [easy beef stew](#).



GROCERIES



- Shopping - write a list and check cupboards before shop to see what you already have. This will prevent food not being used and going off. You might have the ingredients for a meal or two already so won't need to buy as much/save you a trip to the shops.
- Did you know you can make broth/stock from vegetable scraps or bones which are cheap and provide bone marrow/collagen/amino acids. A great gut healing method.
- Eating fruits and vegetables that are locally grown and in season is cheaper and healthier. They're fresher, taste better and are less likely to be irradiated, preserved in wax or have sat in a storage facility somewhere.
- On that note, the freshest and cheapest is what you grow yourself. See how easy it can be to regrow fruit from your kitchen.
- Swansea markets are places you can buy local and in season.
- The amount of times I've made too much pasta and rice and had to chuck precious food. The solution is to measure food quantities per person properly. A typical single serving of rice is 1/2 cup for a side dish or 1 cup for a main dish per person. So one cup of cooked rice will serve 1-2 people. One cup of uncooked rice amounts to about 3 cups of cooked rice, so it will serve 3-6 people.



GROCERIES



what's in season now?

January

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, Turnips, White Cabbage.

February

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Purple Sprouting Broccoli, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, White Cabbage.

CLEANING



You can be aware and more in control of the chemicals that surround you and go into your body.

...Where to start?

cleaning kit list

- Oh the wonders of *baking soda*. Flip it's got it's fingers in a lot of pies - Baking soda is a powerful deodoriser, whiten & brightener and provides mild abrasion. You can clean your microwave by placing a cup of water inside with 2 tbs of baking soda and microwave for 5 mins, then wipe down. [10 hacks](#)
- *White vinegar* - deodorises, degreases, get that streak-free finish. Soak fruit and veg in 1 cup water, 1 cup vinegar and 2 tbs baking soda. Effective as a laundry softener. [21 hacks](#)
- *Hydrogen peroxide* - whitens, removes stains and is antibacterial. 2 parts baking soda to 1 part hydrogen peroxide to clean grout, apply with cleaning toothbrush. Leave for 2 mins, scrub and wipe clean. Works as a toilet stain remover. [10 hacks](#)

alternative laundry detergents

• Powder

140g castile soap bar - grated

200g washing soda/soda crystals

200g baking soda

200g salt

Add ingredients to a glass jar and place two tbs in the drum with your clothes. Wash at 40 degrees. Could pour vinegar into softener compartment of drawer or all compartments if you're feeling wild.

- **Laundry balls** - [What Are They And How Do They Work?](#)

• Magnesium balls

When magnesium mixes with water it produces hydrogen, making the water alkaline and able to break down oils and dirt. It's even antibacterial and keeps the washing machine cleaner than normal detergents. These beads cost between £22-£45 as far as I've seen and last a year at least. You could combine with washing soda/baking soda and vinegar for an even deeper wash.

[TerraWash](#)

[Exkitch magnesium balls and wool drying balls](#)

washing dishes

Recently I've swapped to using a natural soap bar or liquid castile soap to wash my dishes and it's working well. If I need heftier help I soak the dishes in hot water and about 2 tbs baking soda or you could add baking soda directly to the dishes for gentle abrasion.

all purpose cleaner

Half vinegar

Half water

Citrus peel, rosemary, mint, eucalyptus or essential oils

Optional liquid castile soap

shampoo?

I've tried a variety of 'no-poo' options for hair washing, my favourite by far is *Rhassoul/Ghassoul Clay*. Mix with water to create a viscosity you desire in a glass jar and massage into scalp. I've found that it cleans and moisturises well simultaneously. Every now and then a little apple cider vinegar in water makes a good clarifying rinse. There are also rosemary or lavender hair rinses you can make.

[DIY Herbal Hair Rinses For Healthy Hair](#)



CLEANING

mould!

4 Things You Should Know About Mould And Mildew

Tenant/Landlord obligations when it comes to treating mould

non-toxic cleaning

Spray undiluted white vinegar onto mould. Let sit for 30 mins then scrub vigorously. Rinse with water and respray with vinegar, let the surface air dry. Or instead of white vinegar, try half oxygen bleach/hydrogen peroxide, half water and let sit for 10 mins.

A brand called Concrobium makes a really effective, non-toxic solution made from baking soda, washing soda, TSP cleaner (trisodium phosphate), and water. You could try making this yourself.

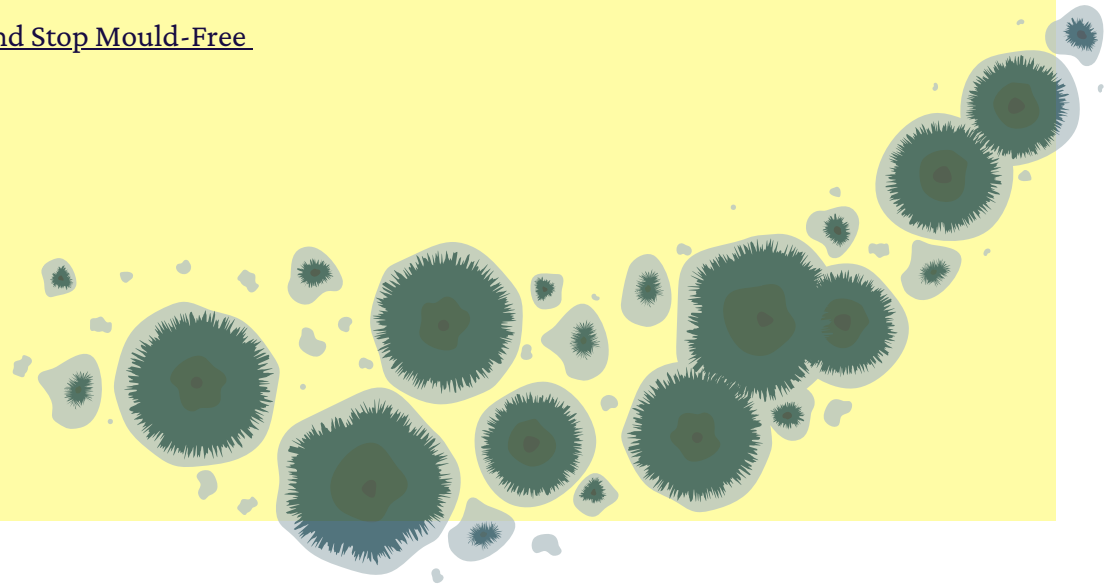
The root cause...**how to prevent moisture:**

Everyday activities like cooking, showering and drying clothes create moisture in your home which can lead to condensation.

It can help if you:

- cover pans when cooking
- use extractor fans in kitchens and bathrooms
- close internal doors when you cook or shower
- leave a gap between furniture and external walls
- dry clothes outdoors or use a vented tumble dryer. To cut down on drying time and save money, include wool balls or a dry hand towel. Alternatively, hang clothes on an airer next to a radiator and disposable dehumidifier with a dry sheet draped over the whole set up - this is reportedly just as effective as using an electric airer.
- open bedroom windows for 5-10 minutes when you get up in the morning.
- calcium chloride, salt or cat litter - How to Reuse a Disposable Dehumidifier or make your own
- dehumidifier bags - Eco Ventis or Pingi for example. These change colour when they've absorbed moisture and can be reused by microwaving for 6 mins.

Cure Condensation and Stop Mould-Free





ENERGY

- A few minutes before your food is ready you can turn the appliances off and the oven/hob will continue to cook, making use of residual heat. Same with a kettle, once the water starts to boil it can be switched off. If not, the prolonged boiling releases more moisture into the air, contributing to mould and added energy usage.
- A full kettle boiled four times a day can cost £58 year. Remember to fill up only what you need, it takes 2 minutes to boil a kettle for 2 cuppas vs. 10 minutes for a full kettle (8 cuppas)!
- Instead of switching the heating on throughout the building it's cheaper to keep yourself warm and direct the heat toward you. Some ideas are: an electric blanket, hot water bottle (check the flower that records the date of creation on the bottle to make sure it's less than three years old), rice heat pack (can be DIY-ed or bought).
- The added cost of a variety of electronics on standby throughout the building adds up over time, as much as £65 a year! Sockets switched on with unconnected chargers plugged in become hot and are a fire risk.

A great tip to save energy and prolong your phone's lifespan is to unplug it when fully charged, then switch off at the wall.

[Standby Energy: How Much Electricity Do Your Devices Use When You're Sleeping](#)

- It makes a difference choosing a suitable hob for your pot or pan. If you can see any of the electric ring, or gas flames, then heat and energy is being wasted.
- Using lids on pots and pans speeds up cooking time and saves you money.
- Some energy providers offer off peak hours so washing your clothes at 12am might be popular with your wallet (but not necessarily with your housemates). See your energy provider's website for more information.



WISDOM

Ian

"I wish I had known that most things can be demystified, whether it's the making of stuff (in my case, guitars) or saving money by doing jobs I normally would have paid people to do. That I can be inspired by someone instead of aspiring to be just like them. Just because something is a social norm, doesn't mean it's right. People usually act according to the way that they are wired, the same applies to myself. That having something practical to do outside of your everyday work (in my case, making guitars) makes for good mental health. I can trust God to give me the peace I need"

Yochanan

"Shower thoughts...use the showers at the gym, if you can"

Dai

"Learn how to cook"



HEALTHY

