LIMESQUEEZE

Frugal swaps cheat sheet

Online, with updates

Small swaps that add up. Keep what you love; swap the rest.

Instead of	Try
Café coffee every day	Coffee at home, café as a weekend treat
Bought lunch	Dinner leftovers packed the night before
Delivery	Collect the order yourself, or a freezer "fakeaway"
Brand-name staples	Store brand flour, rice, pasta, tins and frozen veg
Pack price	Unit price on the shelf label
Buying a rarely used tool	Borrow or rent it
New furniture	Solid second-hand furniture
Several streaming services	One at a time, rotated
Shopping as a hobby	Library, walks, game nights
Paper towels	Washable cloths
Tumble dryer	Clothes airer or line
Impulse buys	A 30-day want list

Sources: Compiled by LimeSqueeze editors. Checked October 2026.
More at limesqueeze.com/squeeze