

Captain Crunch

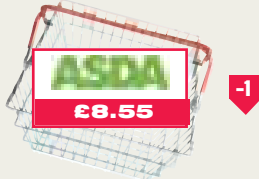


EMAIL: captaincrunch@the-sun.co.uk WRITE TO: Captain Crunch, The Sun, 1 Virginia St, London E98 1SN

BASKET IS DOWN

TESCO have taken over at the top of my Basket League of basics. The basket I buy each week is: Sliced bread (800g), milk (two pints), butter (250g), cheddar cheese (500g), eggs (10 medium or large), cornflakes (750g), orange juice (one litre), baked beans (220g), minced beef (500g) and seedless grapes (500g).

Some sizes adjusted to match. Quality may vary.



£100 FOR YOUR TIPS

I GIVE £100 to be spent at Asda for all tips used. Send yours to either address at the top of the page.

BEV emails: "Snap the stalks off broccoli in supermarkets. These weigh sometimes as much as the florets and you always end up throwing them away."

GINA HUGHES, of Broxbourne, Herts, writes: "I bought 11 seed trays for 20p each for my son to keep his GCSE revision notes in. They make him tidier and they are less expensive than trays you buy in a stationery shop."

M WATSON, of Colchester, Essex, writes: "Save tub lids from Pringles to put over opened cans of pet food to keep it fresher for longer."

Dear Captain

MY cousin Susan Ralph has been awarded an MBE for her services to the community in Oldbury, West Midlands.

Without her efforts many children would have found themselves on the wrong side of the law.

I know she doesn't have enough money to buy an outfit for the ceremony in London, or to pay the train fare to get there.

She would never ask for help for herself.

DEBBIE SHIPLEY
Brixham, Devon

Captain Crunch says: My £250 will make the day even more special. And she can check out thesun.co.uk/crunch for my tips on getting the cheapest train fares.

Dear Captain

DESPITE having a child with severe disabilities, I've always worked because I want to be independent. But a year ago I was made redundant and I have struggled to find a job since. My daughter, 27, and I live on £65 a week Jobseekers' Allowance and disability allowance.

We're in debt over the car, which we need for her mobility problems, and it needs servicing and an MOT.

MARIE FRANCIS
Mitcham, Surrey

Captain Crunch says: My £500 will be a wheel help to the pair of you.



Dear Captain

I AM 25, a single mother of two and I'm due to start a job next week but I don't have any clothes suitable for work. That's because I have been out of work for three years and haven't got the money to buy any.

Is there any way you can help? It would be a great boost to my confidence.

DAVINA WALTON
Kingsbury, North London

Captain Crunch says: My £250 will help get you started on the right foot.

LOSER OF THE WEEK

Dear Captain

AFTER more than a year on the waiting list since leaving home, I have at last been given my own flat.

But it is basically unfurnished and I got given less than £1,500 to buy a bed, cooker, fridge, washing machine, etc. I haven't even got a vacuum cleaner so I have to use an old-fashioned carpet sweeper and dustpan and brush.

All I'm asking for is a little help.

ELAINE
Leicester

Captain Crunch says: Seems to me you've already had a great deal of help.



Bangers 'n' smash

WIMBLEDON tickets are more expensive and harder to come by than ever thanks to Andy Murray and global warming.

But enjoy the Wimbo experience in front of your TV with the best bargain tennis treats.

And it's not just strawberries and cream on offer – don't get court out without bangers.

STRAWBERRIES: Umpire's Favourite, *below right*, is a new variety at Marks & Spencer – £1.99 for a 400g punnet, saving £2 on normal prices. Grown in East Malling, Kent, they are especially sweet.

Morrisons have the same size punnets of ordinary strawberries at £1.80, half the normal price. Asda have slightly larger 454g punnets of strawberries for £1.98, a penny cheaper than Lidl.

Tesco are giving a 150ml pot of single cream free with every £1.99 454g punnet. Sainsbury's have 250g punnets for £1, saving 48p on the normal price, and Aldi have 227g punnets for 99p.

CREAM: Lidl have 300ml pots of double cream

I SERVE UP SOME TASTY TENNIS TREATS

for 84p and Asda have 600ml pots for £1. Morrisons have 600ml pots of double and whipped for 80p, saving 88p, but the price returns to £1.68 tomorrow.

For single cream, Sainsbury's have 150ml pots for 40p and Aldi have 284ml pots for 69p.

Tesco also have 150ml pots for 40p – but free if you buy a 454g punnet of strawberries.

PIMM'S: The favourite drink, *left*, for sipping on Murray Mount (formerly Henman Hill) is normally £13.49 to £13.99 for a 70cl bottle.

But I've found it for £8 at Lidl and £9.99 at Somerfield. Sainsbury's own-brand version, Pitchers, which has a more orangey flavour, is £10.79.

BUBBLY: Champagne and sparkling wines are downed in huge quantities during Wimbledon fortnight.

Bottles of Oudinot Brut are £14.99, saving £5, at Marks & Spencer who also have the Italian pink sparkling Prosecco Raboso for £6.99, saving £2. Tesco have Mumm Cordon Rouge for £21.99,

saving £5. Somerfield have Nicole D'Aurigny Reserve Brut for £11.99, a saving of £12.

Sainsbury's and Lidl have bottles of the Spanish sparkling wine Cava Brut at £4.14.

Those with a sweeter tooth will like Aldi's £3.79 bottles of Italian Moscato Spumante. Morrisons' Griffith Park Rosé, *right*, which two years ago won a gold medal at France's sparkling wines championship, is £4.99, saving £2.

SQUASH: Litre bottles of Robinsons squash are 63p at Lidl, which is half the normal price elsewhere.

Poundland are offering them at three for £2.

Somerfield have two packs of ten Capri-Sun juice drinks for £3.50, saving £2.90.

Netto have litre cartons of apple and orange juice for 56p. Other flavours include cranberry and pomegranate but are up to 33p more expensive, *below*.

Aldi have two-litre bottles of Sunquench juice drinks for 89p.

OTHERS: Fancy something different

– how about Waitrose's **Berry Bangers**, *above*?

The limited edition sausages are made from British pork, strawberries, cream and mint.

It sounds a strange mix but pork and apple sausages are looked on as completely normal so why not give them a go?

Berry Bangers are in larger branches of Waitrose at £5.99 a kilo, which works out at about 45p a sausage.

Sainsbury's **egg & cress sandwiches** are good value at £1.

Morrisons have a £4 **barbecue meal** deal consisting of a 12-pack of Stephenson's white rolls and these own-brand foods: Eight thick pork sausages, 180g chicken pieces, four beefburgers, 250g cherry tomatoes and 300g potato salad. That's a saving of 33p.

Sainsbury's have two 500ml tubs of **strawberry & rhubarb ice-cream** for £5, saving £1.

Finally, budding Andy Murrays should check out Asda's £5 **tennis rackets**.

