



Humber and North Yorkshire
Health and Care Partnership

Savings for you and your family

Please share with your colleagues, family and friends

We do not endorse any of these offers. Discounts and offers subject to availability.

Eating In

The 'feed your family for a fiver' promotion provides budget-friendly meal ideas to customers that feed families of four for under £5. You can find the list of recipes [on the Sainsbury's website](#)

ASDA

Through the Blue Light Card and the Asda App customers can get 10% back into their cashpot on Fresh products include all fresh meat and fish, fruit and vegetables, food to go, ready meals, chilled and dairy, bakery and flowers products only.

Free to join. Collect Tesco clubcard points towards money off vouchers which can be used in store or exchange them for twice their value with their reward partners. Use your clubcard in store or online to access exclusive clubcard prices, potentially reducing the cost of your weekly shop.



Free to join. Collect and spend Nectar points through a range of stores, including Sainsburys

Eating Out



- **Asda cafe:** Children across England and Wales will be able to get a hot or cold meal for £1 a day across all Asda cafes, seven days a week, until 4 September, irrespective of what accompanying adults spend.
- **Hungry Horse:** One child can eat for free if an adult buys a breakfast costing at least £3.49. Available 8am-12pm every day.
- **Morrisons cafe:** One child can eat free if an adult spends £4.99 or more.
- **Sainsburys Cafes:** Kids eat for £1 with the purchase of an adult hot meal
- **The Real Greek:** One child can eat for free for every £10 spent on an adult meal. Available on Sundays only.
- **YO! Sushi:** Kids can receive one free meal for every £10 spent on an adult meal. Available 3:30pm-5:30pm, Monday to Thursday until 29 September.
- **Bella Italia:** Kids eat for £1 with the purchase of every adult main course. Available between 4-6pm, Monday to Thursday.
- **Sizzling Pubs:** Kids can enjoy a meal for £1 when you order an adult main meal. Available 3-7pm, Monday to Friday. Available until 17 August in Scotland; until 2 September in England and Wales.
- **Dunelm:** Kids get a free main, two snacks and a drink for every £4 spent at the furniture store's Pausa Coffee Shops.
- **Ikea:** Kids can get a meal from the children's menu from between 95p and £1.50 in the store's restaurants until 3 September, subject to availability.
- **Table Table:** Two children under 16 get a free breakfast for every adult that buys a full breakfast.
- **Dobbies Garden Centres:** Kids eat free with an adult main meal at the garden centre restaurant. Available daily from 12 noon.
- **Brewers Fayre:** Two children under 16 get a free breakfast for every adult that buys a full breakfast. Kids can also can enjoy a 3 course lunch or dinner for £4.99. Available every day.
- **Tesco:** Kids can get free meals when an adult Clubcard holder purchases an item in any of its 311 cafes, available all day until 26 August. The offer means parents can spend as little as 60p on a piece of fruit and claim one kid's meal worth up to £3.25.
- **Cafe Rouge:** Kids eat for £1 with every adult that purchases a main course. This offer runs until 31 August, but excludes Saturdays. Not available on arena/stadium event days at the O2 or Cardiff St David's restaurants. Excludes Center Parcs restaurants.
- **Nandos:** register for your Nando card to gain chillis towards rewards and free food. Also, GCSE/A Level Results Day 2023 offers available.
- **Brewdog:** Kids eat free until 25th August 2023. Simply pre-book using 'Kids Eat Free' to claim
- **Don't Forget – Blue Light Card holders can make further savings in restaurants and cafés**

Days Out

- **National Railway Museum, York** – free admission. Book your tickets [here](#)
- **Royal Armouries, Leeds** – Free admission. Book tickets [here](#)
- **Byland Abbey, North Yorkshire:** What was once a great monastery is now an on-site museum that's open Friday-Sunday, noon-4pm, with a free, volunteer-led guided tour that takes place each Saturday at noon.
- Check out other free admission museums in Yorkshire [here](#)

Shopping and more..

discountsforcarers



Free to join, with discounts for the care workforce and their families



Blue Light Card for emergency services, NHS, social care sector and armed forces. £4.99 for a two year discount card. 15,000 discounts from large national retailers to local businesses

Back to School Tips

- **School Uniforms**

Lay out the current uniform you have for each child. If you can hand it down to younger kids, pack it away and label the box with the size, so it is easy to find when you need it. If your child has outgrown it, list it for sale on your school WhatsApp_group or on Facebook marketplace. Put the money you earn towards the new uniform.

- **Free School Meals**

Be sure to check with your local authority on your entitlements if you are on a low income or in receipt of benefits

- ✓ [North Yorkshire Council](#)
- ✓ [City of York Council](#)

- **Retailer discounts with your Blue Light Card**

from name labels, uniform and shoes to stationery and IT equipment there are lots of discounts available