

Thursday, July 30, 2020

Mrs Crunch

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FULL OF FRESH IDEAS TO HELP SAVE YOU MONEY

8-page
staycation
saving
SPECIAL

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WELCOME to Mrs Crunch's terrific summer special!

With most of us staying at home this year, there is no need to miss out on your usual sunny fun.

With the summer break still in full swing, I am bringing you dozens of ideas for creating that holiday vibe at home, plus expert ways to keep the kids busy.

And you will love my mouthwatering dishes from your favourite holiday hotspots around the globe. Turn the Page 4 to tuck into the great taste of Italy.

To get started, here are my ten top boredom-busting tips for kids, including five for younger children.

● PRICES here are correct at time of going to press. Deals and offers are subject to availability.

GREAT WAYS TO KEEP KIDS HAPPY



10 of the best boredom busters

1 PAINT with coloured ice cubes. Mix food colouring with water and freeze as normal. "Paint" the patio, pavement or on paper outside – but remember, food colouring can stain clothes. Try Morrisons' natural yellow food colouring, £1 for 38ml.

2 Toy treasure hunt. Hide your child's favourite toys in the house or around your garden. Hold a toy tea party once they find them all.

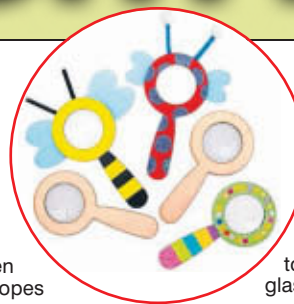
3 Colouring. Download free printable templates at kiddycharts.com. Try using 12 Jumbo Wax



Crayons, £1 at The Works.

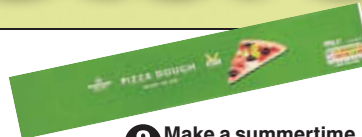
4 Build a den. Take old sheets and blankets into the garden to construct a den. Tie them between chairs or string ropes between trees or your garden fence. Stuck for space? Build inside instead.

5 Make pasta jewellery. Place pasta tubes into a resealable food bag with enough food colouring to cover the pasta and three squirts of hand sanitiser. Shake well and leave for 30 minutes then place on a tray to dry. Thread the pasta on to string to make necklaces and bracelets.



7 Bug hunt. Using a magnifying glass and a score chart, see who can identify the most species of creepy-crawlies in or around your home. Design Your Own Wooden Magnifying Glass, was £6.95, now £4.95 at bakerross.co.uk.

6 Build a "boredom jar". Get your kids to write down their favourite activities on pieces of paper, fold them up and pop into the jar. Each time they are bored, let them choose a random activity to do. Try Morrisons' small glass clip-top jar, £2.



8 Make a summertime capsule. Get your children to record their hobbies, friends and feelings about summer 2020. Bury in a waterproof container in the garden to dig up next year.

9 Host a summer camp-out. Put up a tent or build a den you can sleep in with the kids outside overnight.



10 Invent a new pizza. Let older kids, teens and tweens get creative in the kitchen. Use Morrisons' pizza dough, 400g, £1, and get baking.

STAYING FINE: Coastal walks, fish and chips and rambling through the countryside are among the top reasons we love British holidays. Also on the staycation list, by Sykes Holiday Cottages, are beer gardens, Mr Whippy ice cream and picnics.



GIVING UP DIY DUMB BELLS: You can get a free day pass for a David Lloyd club by posting a photo or video of your lockdown DIY gym on Instagram. The offer is open until the end of August.



GREENER TEENS: Youth eco charity Action For Conservation has a free online plan with 8,000-plus hours of content for teens to learn about climate change. See actionforconservation.org.



GOING UP GOING DOWN

HOLD THAT THOUGHT: One in five over-50s planning for retirement are having to rethink their ideas due to the pandemic. Co-op Insurance says the financial hit has stopped some retiring and forced others to dip into savings. Others have been laid off.



RINGING BELLS: Prices of top-end mobile phones have soared nearly 500 per cent in the past 20 years and now cost more than half the average monthly wage, according to uswitch.com. At this rate they could hit £1,800 within five years.



HOME HELP: Renters are struggling to pay the bills, Citizens Advice warns. With just a few weeks to go until the end of the eviction ban, many private renters will need support to pay back arrears or they risk losing their homes.



YOUR CHANCE TO WIN £500 CASH

ATTENTION all holiday lovers. To celebrate Morrisons' new Taste Of Holidays event, the supermarket is giving you the chance to win £500 towards a fantastic getaway in 2021. Whether you spend the cash

on a staycation, a city break or jet off somewhere new, simply shop online or in-store at Morrisons for a chance to win. Here is how you can take part.

1. Make a purchase in-store or online and keep your receipt.
2. Find your unique 16-digit code on the bottom of your receipt or the order number on your online receipt.
3. Go to morrisons.com/tasteofholidays and enter the

competition using your unique receipt code.
● Purchases must be made between now and September 6, 2020. Morrisons will contact you if you are a winner. One draw and winner every two weeks. Terms and conditions apply. See morrisons.com/tasteofholidays.

