

## Freeze your leftovers

In partnership with Hubbub, we have compiled this methodology to substantiate the potential savings that the average household could achieve when adopting the following behaviours at home.

**GB:** Freeze your leftovers to enjoy tasty, hassle-free meals instead of takeaways. Your household could save an average £210 a year on takeaways.

**NI:** Freeze your leftovers to enjoy tasty, hassle-free meals instead of takeaways. Your household could save an average £210 a year on takeaways.

**IE:** Freeze your leftovers to enjoy tasty, hassle-free meals instead of takeaways. Your household could save an average €193 a year on takeaways.

With so many variables and contributing factors to consider, there is no one-size fits-all when it comes to savings. We have worked with a combination of reliable sources, official statistics, averages and assumptions to give IKEA customers an idea of the potential savings from an 'average household'. We've positioned the savings as 'around' or 'an average', as the data is based on estimates and averages so should be used as a guide. Actual savings could be higher or lower.

### Cost Savings

#### **GB and NI**

Assumptions:

- 59% of Brits have at least one takeaway per week (59%) with 39% having one at least several times a month
- The cost saving calculated assumes swapping one takeaway per household per month for a leftovers meal
- The average cost of a UK takeaway is £7.43
- The average UK household size is 2.36 people per household
- The Northern Ireland price of a takeaway is at the upper end of the UK average, [according to this research from Vodaphone](#).

Calculation:

- £7.43 x 12 months x 2.36 people = **£210.41**

Source:

- YouGov: [How often are consumers ordering takeaway \(2022\)](#)
- NetVoucherCodes: [The Best and Worst Value Takeaways in the UK 2021 Report](#) (analysed prices and data from Just Eat, to give the average takeaway price for towns and cities in the UK, 2021).
- GB & NI: [ONS Families and households in the UK \(2022\)](#)

## IE

### Assumptions:

- Irish people order a takeaway approximately 2.9 times per month
- The cost saving calculated assumes swapping one takeaway per household per month for a leftovers meal
- The average cost of a takeaway order in Ireland is €16.10
- The average Irish household size is 2.74 people per household

### Calculation:

- €16.10 x 12 months = **€193.20**

### Source:

- IE: [Just Eat 2023 Food Delivery report](#)
- IE: [The Housing Agency – average house size](#)