

healthservicediscounts



Christmas Food Shopping



Guide + Printable Checklist

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Make Your Christmas Go Further — You've Earned It

After a year of long shifts, endless paperwork, and keeping everyone else healthy, it's time for a little festive cheer – and maybe a few extra treats for yourself. Use your Healthcare Discounts to ease the cost of your Christmas shop, keeping more jingling in your pocket for the things that really matter.

Where to Shop (and Why)

Supermarket	Best For	Perks & Tips
M&S	Show-stopping turkeys, indulgent desserts, and veggie mains that even meat-eaters love.	Get exclusive HSD offers and early access to festive favourites.
Tesco	Balances budget and premium. Great meal bundles and hampers.	Enjoy seasonal eVoucher offers and skip queues with Click & Collect.
Sainsbury's	Fresh produce, festive sides, and reliable crowd-pleasers.	£10 off your first online shop for HSD members, plus cashback via Ode.
Waitrose	Premium meats, desserts, and hampers that scream “we’ve got taste.”	Use your Ode card for 3% cashback on Christmas shopping.
Asda	Budget-friendly Christmas done right – great for party food and classics.	Earn 2.5% cashback via Ode – savings on essentials and treats alike.

This guide is your shortcut to a smarter, stress-free Christmas: the best supermarket deals, exclusive healthcare offers, and tips to stretch your budget – without skimping on pudding, chocolate, or a well-deserved festive tipple.

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Check List

The Main Event

- Potatoes (roasting, mashing, and emergency chip portions)
- Stuffing mix or homemade ingredients
- Cranberry sauce
- Bread sauce
- Gravy granules or homemade stock
- Fresh herbs (sage, thyme, rosemary)
- Cooking oil / butter / goose fat
- Foil & roasting trays

Sides That Steal the Show

- Potatoes (for roasting and mashing, obviously)
- Carrots, parsnips, sprouts & any other veg
- Red cabbage
- Peas, green beans, or broccoli (token greens)
- Cauliflower cheese bits / ingredients
- Pigs in blankets (buy double – they disappear)

Bread, Bits & Bases

- Biscuits / mince pies / festive nibbles
- Cheese board + crackers (aka the Boxing Day fuel)
- Bread / rolls for leftover sandwiches
- Chocolates / sweets / After Eights (to eat before 8, of course)
- Cranberry sauce / bread sauce
- Wine, fizz, spirits, mixers, soft drinks

Desserts & Sweet Treats

- Christmas pudding
- Christmas cake / Yule log
- Mince pies
- Ice cream / frozen desserts
- Custard / cream / brandy sauce
- Chocolate bars, truffles, or selection boxes
- Biscuits & shortbread
- Marshmallows & hot chocolate