

BACK TO SCHOOL

GUIDE & SHOPPING LIST



Brought to you by ALDI



Contents

- Tips from Aldi Ambassador Sinead Kavanagh
- Stationery
- Uniforms
- Store Cupboard Essentials
- Tips from Aldi Ambassador Trisha Lewis
- Lunches & Dinners
- Shopping List
- Budget Planner

Brought to you by ALDI



Aldi Ambassador Sinead Kavanagh TOP TIPS

Back to school is an exciting time for all children. They get to play with their friends again and meet their new teacher. To make sure you have everything you need for back to school, I have a few tips and tricks that I have found help both as a teacher and a mum!

Follow Sinead on Instagram @Thebeauttruth



Brought to you by ALDI





Aldi Ambassador Sinead Kavanagh Top Tips

@Thebeauttruth

School bag

When buying a school bag make sure the bag is big enough to fit an A4 folder comfortably. Pockets at the side for drink bottles are also a plus, as they can help prevent those dreaded leaks in the school bag!

Uniform

Depending on your child's age, they may already have pieces of their uniform that they can reuse for the school year. I have found that 2 shirts, two pairs of trousers or a skirt /pinafore and one jumper cuts down on the panic of having to have the uniform clean and dry for school the next day. Make sure that every piece of their school uniform is clearly labelled with their name, right down to the tie.

Lunch Box

No matter what age your child is, opening and closing lunch boxes can sometimes be tricky. Try and make sure that your child can easily open and close their lunch box. Most schools are green schools now, so that means the children will have to bring home any packaging from their lunch too. Reusable packaging or a trusty lunchbox is best.



Brought to you by ALDI





Aldi Ambassador Sinead Kavanagh Top Tips

@Thebeauttruth

Coats

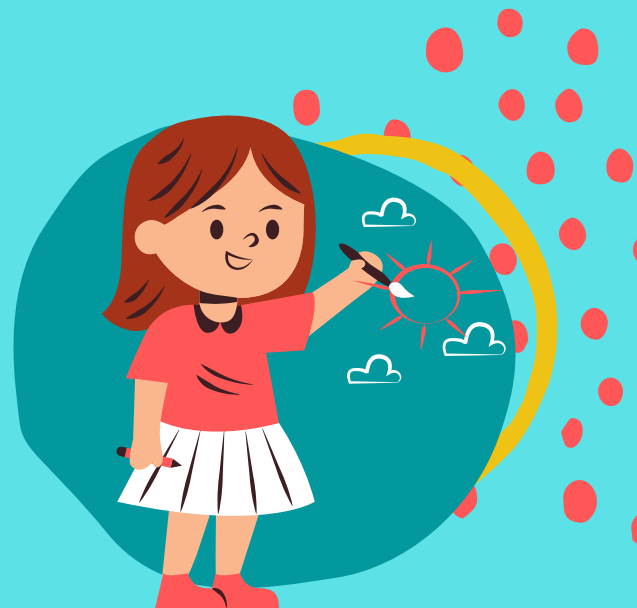
For younger children, especially those starting school, it is important that they can put their coat on themselves without using the coat on the floor trick! Easy to open and close coats for all ages means that your little one will be wrapped up warm no matter what the weather!

Hair

Invest in some hair accessories like bobbins, clips and hair bands now to avoid the mad panic on the first day back. If your little one needs a haircut, book the appointment for late August now while it's on your mind.

Pencil Cases

Ideally, they will have, a packet of crayons or colouring pencils, a scissors, glue stick, two pencils, a rubber and a sharpener. Older children may need a few blue, black, and red pens.



Brought to you by ALDI



BACK TO SCHOOL

SHOPPING LIST



Brought to you by ALDI



STATIONERY

Check out the great range of stationery available at Aldi from **5th August**.

Brought to you by ALDI



€2.79

Aisling
Writing Copy X8

BTS Whiteboard
Markers
X8

€2.99



€4.99

200PG
Project Pad



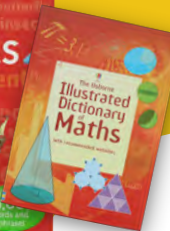
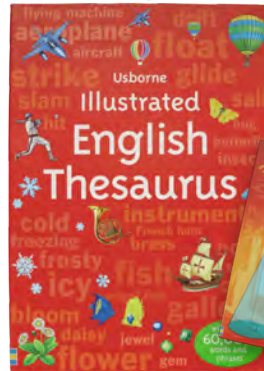
Aisling
Writing Books
X10

€2.89



Illustrated
Dictionaries

€3.99
each



€6.99

Parker
Pen



STATIONERY

Check out the great range of stationery available at Aldi from **5th August**.

50c from each sale goes to Aldi's charity partner, Barnardos!

Supreme
Colouring Pencils
12 pk

€1.29



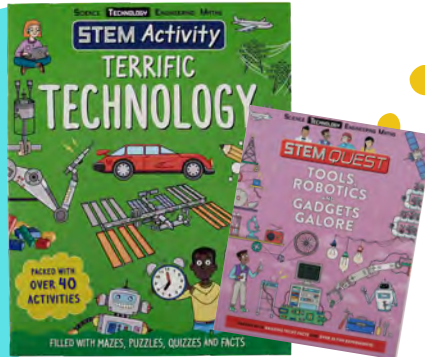
€2.99

Fashion
Notebook
Ring Binder



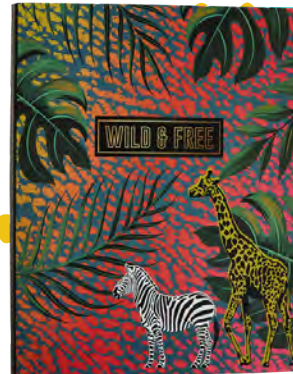
€3.99
each

Back to School
STEM Books



Fashion
Notebook

€2.99



Brought to you by ALDI



UNIFORMS

Aldi's **€5 school uniform bundle** is back!
Check out the full range on sale from 1st August.

**€5 SCHOOL
UNIFORM
BUNDLE!**

Suitable for school children (aged 4 – 12 years). Aldi's uniform deal includes a pack of two Girls or Boys Polo Shirts (€1.99/2 pack), a Children's Sweatshirt (€1.00) and Girls or Boys Trousers (€1.99) or a Girls Pleated Skirt (€1.99) – **all totalling just €4.98!**

This year's range sees the continuation of Aldi's partnership with 'Cotton made in Africa' (CmiA), with many products in the range using only the highest quality, sustainably sourced cotton. The range also uses recycled materials, promising to be kind to shoppers' bank balances and on the planet.

The range now offers
a full school year
(150 day) guarantee
for peace of mind.



Brought to you by **ALDI**



UNIFORMS

BOYS

Aldi's great value uniform check list with prices.
Available in stores from **1st August!**

BTS Boy's Trousers €1.99

BTS Boy's Polo Shirt €1.99

BTS Boys Ankle Socks €2.49

BTS Boys Shirt, 2 pack €3.49

BTS Girl's Trousers €1.99

BTS Pleated Skirt €1.99

BTS Girl's Polo Shirts €1.99

BTS Girl's Ankle/ Knee Socks €2.49

BTS Girl's Tights €4.49

BTS Classic Pinafore €7.99

BTS Jersey Pinafore €7.99

GIRLS



Brought to you by ALDI



UNIFORMS

Aldi's great value uniform check list with prices.
Available in stores from **1st August!**

Brought to you by ALDI



UNISEX

BTS Sweatshirt €1.00

BTS Round Neck T-shirt €2.49

BTS Sports Shorts €3.49

BTS Joggers €3.49

BTS Premium Lunch Bag €6.99

BTS Trainers €8.99

BTS Football Boots €9.99

Premium BTS Backpack €14.99



CUPBOARD ESSENTIALS

Pop in to your local Aldi and pick up these **Back to School** staples that everyone needs in their cupboard.



€0.79

Lacura
Anti-Bacterial
Hand Gel

Magnum
Kitchen Foil
30M

€1.95



€0.49

Softly Pocket
Pack Tissues 6 pk



Magnum
Zip and Seal
Sandwich
Bags



€0.99

€1.99

Eco Paper Lunch Bags
50 pk



Magnum
Cling Film
75M

€0.99



Brought to you by ALDI



CUPBOARD ESSENTIALS

Pop in to your local Aldi and pick up these **Back to School** staples that everyone needs in their cupboard.

€1.29

Sweetvine
Mini Snack
Raisins



€1.69

Grandessa
100% Pure
Squeezy Honey



Nutoka
Hazelnut
Chocolate
Spread



€1.09

Sun Quench
Double
Strength
Squash



€0.99

Snack Pack
Cream Crackers
6 pk

€0.99



Brought to you by ALDI



Aldi brand ambassador **TRISHA LEWIS** Cook book author and professional chef

Breakfast Tips

When you are on the go you will want the breakfast to be fast, nutritious and cost effective. Here are some of the options that I think are amazing for both adults and Kids.

Follow Trisha on Instagram [@Trishas.Transformation](#)



Aldi Ambassador Trisha Lewis Top Tips

@Trishas.Transformation



Porridge

Kavanagh's Microwavable Instant Oats

€1.79 with some fruit from Aldi's Super 6 offers and some Foodie Market 100% Peanut Butter Smooth €2.49.



1.

Granola

Brooklea Authentic Greek 0% Fat Fruit Yogurt 150g €0.99 topped with some fruit from Aldi's Super 6 offers and Harvest Morn Low Sugar Granola €2.49



3.

Eggs

Healy's Farm Irish Eggs €1.99 (Boiled), Brannan's Turkey Sausages €2.29 and some Nature's Pick Cherry Tomatoes €0.79 to add some colour and micronutrients to your plate!



4.

Brought to you by ALDI



Aldi Ambassador Trisha Lewis Top Tips

@Trishas.Transformation



Trisha's Top Lunch Box Tips

Fill the lunch box with variety and colour. A mix of cheese, meats, vegetables, fruits.

Use different shapes such as rectangle sandwiches, cubed cheese, sliced fruit, strips of peppers to keep it fun!

Boxes of raisins are a lovely sweet treat while still being packed with energy, rich fibre, vitamins and minerals!

Always keep items like rice cakes, bread sticks, pots of hummus with carrot batons, wraps filled with ham and cream cheese, yogurts and boxes of raisins in the cupboard/fridge as they involve very little preparation and are great lunch box fillers!



Brought to you by ALDI



Aldi Ambassador Trisha Lewis Top Tips

@Trishas.Transformation



Shopping Tips to Keep Back to School Costs Down!

- Make a shopping list and stick to it.
- Shop in the evening time. Items can be reduced if you are looking at the chilled section.
- Keep an eye on Aldi's Specialbuys and what is on offer with Aldi's Super 6 so you can include them in your weekly lunch plan
- Think seasonal when you shop- when items are in season they are at their cheapest as it is when they are abundant.

Brought to you by ALDI



LUNCH OPTIONS

Aldi have an amazing range of products that are ideal for kid's lunches - you can get a **week of school lunches at Aldi for just €6.83!**

All lunches under €2!

Monday

ONLY
€1.28*

- Ham and Cheese Bagel
- Nature's Pick Apple
- Brooklea Squidgy Yogurt Pouch- Raspberry flavour
- The Juice Company Orange juice smooth



Brought to you by ALDI



* Price captures individual servings.

LUNCH OPTIONS

Aldi have an amazing range of products that are ideal for kid's lunches - you can get a week of school lunches at Aldi for just €6.83!

Tuesday

ONLY
€1.52*

- Chicken and Cheese Pitta Bread Sandwich
- Orange
- The Juice Company Kids Smoothies Apple & Blackcurrant Flavour
- The Juice Company Apple Juice



Brought to you by ALDI



* Price captures individual servings.

LUNCH OPTIONS

Aldi have an amazing range of products that are ideal for kid's lunches - you can get a week of school lunches at Aldi for just €6.83!

Wednesday

ONLY
€1.62*

- Brown Bread Turkey sandwich
- Nature's Pick Banana
- Comeragh Irish Still Spring Water Kids
- The Juice Company Kids Smoothies- Strawberry flavour



Brought to you by ALDI



* Price captures individual servings.

LUNCH OPTIONS

Aldi have an amazing range of products that are ideal for kid's lunches - you can get a week of school lunches at Aldi for just €6.83!

Thursday

- Cheese and Crackers
- Nature's Pick Pear
- Brooklea Squidgy Pouch-Strawberry
- Comeragh Orange flavoured Water

ONLY
€1.20*



Brought to you by ALDI



* Price captures individual servings.

LUNCH OPTIONS

Aldi have an amazing range of products that are ideal for kid's lunches - you can get a week of school lunches at Aldi for just €6.83!

Friday

ONLY
€1.21*

- American Style Pancakes with Chocolate Spread
- Harvest Morn Chocolate Covered Corn Cakes
- Harvest Morn Yogurt & Fruit Bars- Strawberry
- Comeragh Water Kids Apple & Blackcurrant



Brought to you by ALDI



* Price captures individual servings.



After School Hearty Meal Options

Brought to you by **ALDI**



LASAGNE

Serves: **4 people**
Prep time: **20 minutes**
Cooking time: **75 minutes**

After a long day at school those little ones need something to help refuel!



INGREDIENTS

400g Butcher's Selection Lean Mince Beef
Cucina Bolognese sauce
3 Nature's Pick Courgettes, grated
200g Nature's Pick mushrooms, finely sliced
1 Nature's Pick onion, thinly sliced
4 gloves of Nature's Pick Garlic, crushed
1 tbsp Solesta olive oil
Stonemill Salt and pepper
175g Ardagh Grated Mozzarella
10 Cucina Lasagne Sheets
Cucina White Sauce

METHOD

1. Pre-heat oven to 180°C.
2. Heat oil in a deep non-stick saucepan.
3. Add the onions and cook for 3 minutes until soft.
4. Add the garlic and stir.
5. Add the mince and cook until browned.
6. Add the courgettes, spinach, and mushrooms and stir.
7. Add jar of tomato sauce
8. Add salt and pepper and simmer for 20 minutes.
9. Heat the white sauce in a separate pot
10. Add the grated mozzarella cheese then remove from heat.
11. Next, grease the base of a large ovenproof dish.
12. Cover the base of the dish with a layer of white sauce.
13. Next add a layer of lasagne sheets.
14. Next add some more white sauce followed by a layer of meat sauce.
15. Add some more white sauce and more lasagne sheets.
16. Add the last of the white sauce and finish off with the remaining meat sauce.
17. Top with the grated mozzarella cheese and place in the oven to cook for 45 minutes.
18. Serve.

Brought to you by **ALDI**



PASTA

with chicken & chorizo

Serves: **4 people**

Prep time: **20 minutes**

Cooking time: **15 minutes**



INGREDIENTS

3 Butcher's Selection

3 tbsp of Solesta Olive oil

1 clove of Nature's Pick Garlic, crushed

1 tbsp of Stonemill Salt

400g Cucina Penne Pasta

170g Specially Selected Chorizo, diced

1 Nature's Pick Red Pepper, deseeded and diced

4 Nature's Pick Tomatoes, quartered

Stonemill Salt and freshly ground black pepper

4 tbsp of Emporium Parmigiano Reggiano Cheese

METHOD

1. Cut the chicken into bite-sized pieces and place in a bowl.
2. Pour over the olive oil and stir in the garlic.
3. Leave to marinate while preparing the other ingredients.
4. Bring a large saucepan of water to the boil, add the salt, and then cook the pasta following the pack instructions.
5. Meanwhile, sauté the chorizo and red pepper over a medium heat until the peppers start to soften.
6. Add the chicken, garlic and oil and brown lightly.
7. Stir in the tomatoes and cook for a further 5 minutes until the chicken is cooked and the tomatoes start to break down.
8. Drain the pasta and add to the sauce.
9. Serve in a large bowl with the grated Parmesan sprinkled on top.

After a long day at school those little ones need something to help refuel!

Brought to you by **ALDI**



Competition!

Aldi will also be Kicking off a colouring competition on the 30th July as part of Back to School for Barnardos with Aldi. There will be a €1,000 bursary to be won in three age categories: 4-7, 8-11 & 12-16.

You can enter the competition by picking up the picture in store or downloading it online by visiting the link here:

www.barnardos.ie/aldi

GOOD LUCK



Brought to you by ALDI



Help us raise
€1 MILLION
for Barnardos

Barnardos
Because childhood lasts a lifetime
Barnardos RCN: 20010027

BACK TO SCHOOL SHOPPING LIST

BOOKS

English
Irish
Maths
History
Geography
Atlas
Dictionary
Music
Arts
Religion
Science
Book covers
Other:

STATIONERY

Writing pens
Pencils
Rubber
Ruler
Sharpener
Highlighters
Markers
Pencil case
Copy books
Calculator
Stapler
Hole-punch
Other:

ACCESSORIES

School bag
Lunch box
Water bottle
Reusable cutlery
Wrapping paper
Napkins
Soup flask
Other:

CLOTHING

Uniform:
Shirts
T-shirts
Trousers
Skirts
Socks
Shoes
PE:
T-shirts
Track suit
Shorts
Runners
Other:
Rain coat

ART SUPPLIES

Glue
Scissors
Post-it notes
Paint brushes
Watercolours
Sellotape
Crayons
Coloured paper
White paper
Storage box
Other:

BUDGET PLANNER

BUDGET:

€

BOOKS

BUDGET:

€

STATIONERY

BUDGET:

€

ACCESSORIES

BUDGET:

€

CLOTHING

BUDGET:

€

ART SUPPLIES

Brought to you by ALDI



Let's stay in touch



@AldiIreland



@aldi_ireland



@Aldi_Ireland



Brought to you by ALDI

