



FOOD SHOPPING HACKS

1

Shop locally- Choose fruit and veg shops, farmer's markets, or wholesalers for cheaper fruit and veg that are in season

2

Don't shop when you're hungry - this avoids spending money on foods that aren't necessarily nutritious

3

Search for special deals - look at the \$ per 100g, it can be worthwhile to buy in bulk when foods are on special

4

Buy budget and home brand foods - contrary to popular opinion these brands can be just as nutritionally adequate as other brands

5

Make a list - ensure you know what you need before you go so you don't buy foods that may not be within your budget

6

Don't forget about frozen and canned foods - these are often much cheaper and more convenient, especially when you need to prepare meals quickly at home

7

Choose a confectionary-free checkout if possible - this way you can avoid the temptation of buying unnecessary treats

8

Don't go down every aisle if you don't need to - stick to your list!