

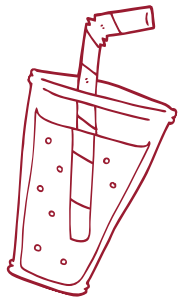
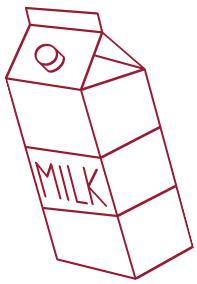
Healthy Eating on a Budget



Although some food prices have reached an all-time high. It is still **POSSIBLE** to eat a variety of nutritious foods with a low budget.

It is important to consider what nutritional "value" you are getting from the food you spend your money on.

For example, there is more nutritional value in one litre of milk compared to one litre of fizzy drink.



Inexpensive HEALTHY food options

Fruit e.g. apples, bananas, oranges

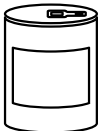


Eggs

Oats



Dried or canned legumes



Pasta, rice, dried grains



Veg e.g. carrot, onion, potato



Canned fish



Canned or frozen veg

There are always cheaper alternatives you can look for...

Fresh tomatoes →

Canned tomatoes

Milk →

UHT milk or milk powder

Granola & muesli →

Oats



SHOPPING TOP TIPS

BEFOREHAND

Before going to the shops, consider:

- Making a list
- Plan to cook in bulk – creating leftovers avoids making multiple trips to the supermarket
- Look for special deals
- Don't shop when you're hungry – going to the supermarket hungry often leads to spending money on food that is less nutritious and doesn't fit within your budget.



DURING

While you are at the shops, consider:

- buy 'whole' foods
- buy in bulk when it's on special but be cautious with 'extras'
- check the cost per 100g
- buy home/budget brands



Cost-effective ways to eat more fruit and veg

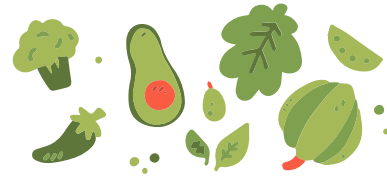
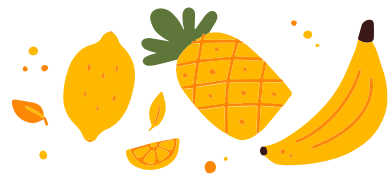
buy locally and in season

farmers' markets, f&V stores

grow your own

don't forget frozen & canned

community sharing/co-ops



REMEMBER

LIMIT takeaway meals as they are often high in saturated fat, salt and calories, often contain little to no vegetables, and generally **cost more** than making the same meal at home.

Make smart drink choices - **tap water is FREE!**