

HEALTHY EATING ON A BUDGET

There is a common misconception that healthy eating is expensive. This doesn't have to be the case. There are many ways you can save money whilst also eating a healthy, balanced diet.

Try the following practical tips, they'll help you save on your shopping bill and eat healthily at the same time!

SMART SHOPPING

- Prepare a shopping list and stick to it
 - Plan meals and snacks for the coming week
 - Make changes to accommodate in-store specials
- Shop on a full stomach
 - You buy more food when you're hungry
- Bulk buy non-perishable items such as rice and pasta
- Bulk buy quantities of meat and freeze
- Choose products that are on special or reduced items
- Shop around e.g. your local butcher may have cheaper meat and farmers/growers markets may have cheaper (and fresher) fruit and vegetables
- Purchase fresh fruit and vegetables when they are in season
 - They are generally less expensive and of better quality
- Take advantage of unit pricing
 - Bulk products are not always cheaper so compare the unit price
- Limit your purchase of "extra" foods such as cakes, biscuits, chips, soft drinks and desserts as they have limited nutritional benefits and are often packed with kilojoules.

MEAL IDEAS

- Plan meals in advance
- Avoid buying takeaways as they are generally more expensive
- Plan meals around your vegies
 - Lettuce goes off much quicker than broccoli, so plan to have salads with your meals on the days immediately following your shop.
- Base meals and snacks on low GI carbohydrate foods, such as grainy bread, Basmati or Doongara rice and pasta as they are an affordable source of energy and nutrients
- Add inexpensive vegetables to meat-based dishes to decrease the cost and extend the recipe
- Add legumes (e.g. chick peas, lentils, kidney beans, butter beans) to meat-based dishes to decrease the cost and extend the recipe
- Canned or dried lentils (follow on-pack directions) can be added to mince dishes, such as bolognaise and chilli con carne.
- Tofu can be an inexpensive protein food for the whole family - use firm tofu to replace meat in stirfry's curries or even on the BBQ.
- Frozen vegetables have a much longer shelf life than fresh vegetables and are just as nutritious as "fresh" vegetables
- They are generally less expensive and of better quality
- Avoid buying meals out of the home - cook in bulk and freeze some leftovers to re-heat for a quick lunch or dinner throughout the busy week.

STORAGE TIPS

- Store fruit separately at room temperature
 - If some fruits are ripening quicker than others, store them separately, this will prevent the rest of the fruit ripening too quickly
 - When fruit ripens place it, unwashed, into the fridge
- Keep vegetables products intact
 - E.g. a whole capsicum lasts longer than a half.
- Store green, leafy and salad vegetables unwashed in the fridge in a crisper or vented plastic bag
- Store onions, potatoes and garlic in a cool, dark, dry and well-ventilated place
- Store bread in the fridge or freezer to prevent it going stale or mouldy
- Label and then freeze leftovers - be sure to add the date.

HELPFUL WEBSITES

Nestlé Recipes: www.recipes.com.au Food Cents: www.foodcentsprogram.com.au
Fruit and Vegetables in season: www.sydneymarkets.com.au or <http://www.marketfresh.com.au/>

Fact sheet



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