

Healthy eating on a budget



PLANNING



- **Make a plan of attack**
 - *Failing to plan is planning to fail*
 - Invest time into working out what you are going to eat for the week
 - Draw up a grid/table and fill in what meals you are going to cook
 - Use your meal plan to write a shopping list for the week
- **Take advantage of weekly supermarket or fruit and vegetable shop specials**
 - Look through your local supermarkets weekly brochure and incorporate the specials into your meal plan
- **Shop around**
 - Often the local fruit and vegetable stores sell well priced fresh produce
 - Farmers markets sell in season local produce, often at reasonable prices

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

BUYING



- **Stick to your shopping list**
 - If it is not on your shopping list, you don't need it
- **Don't go to the supermarket when you are hungry**
 - The same goes for taking hungry children to the supermarket
 - Hungry shoppers are more likely to buy unhealthy foods
- **Shop according to the seasons**
 - Fruits and vegetables that are in season are much cheaper
 - Substitute out of season produce for in season vegetables
 - Frozen vegetables can be used to bulk up a meal and are available all year round
- **Buy good quality meat/poultry/fish**
 - Processed meats such as pre-cooked sausages, sizzlers, most bacons, packaged ham and luncheon sausage have added water, preservatives and salt and have been linked with cancer
 - Buy lean meats, or trim the fat off before cooking
- **Spend most of your time around the outside of the supermarket**
 - This is where the real, whole food lives. The middle section of the supermarket is filled with highly processed, refined foods that have added salt, sugar and fat and are generally not good for your health
- **Food companies pay for the placement of their product**
 - Non-branded products such as canned tomatoes are usually stored down low in hard to reach places but they are a lot cheaper



COOKING



- **Grow your own vegetables**
 - Have a look at www.palmers.co.nz/how-to-guides
 - One of the best ways you can add more colour to your meals
 - Great for your health and helps you save money
 - Lettuce, silver beet and herb gardens – all easy “first time grower” options
 - Kids love growing, harvesting and cooking vegetables
- **Always have healthy basics on hand**
 - Eggs, canned tomatoes, canned beans, frozen vegetables, onions, herbs and spices
 - For those days when you are short of time or tired. Can throw together a vege stir-fry, soup or omelette
- **Have water in the fridge ready to drink**
 - Make water the easy, ‘go-to’ drink option
 - Water is the best drink choice for your health
 - Try flavouring with lemon, limes, oranges, cucumber, cinnamon, berries, mint
 - Plain soda water and sparkling water are just fizzy water and don’t have any sugar added

OTHER TOP TIPS



- **Cook your own food**
 - Sounds simple, but when you cook your own food, you know what goes into it. The same cannot be said for takeaways which are often deep fried in unhealthy fats which are bad for your health
 - Use as much real food as you can when cooking meals e.g. try using canned tomatoes and spices instead of a pre-made tomato sauce which will have added salt and sugar
- **The more colours, the better!**
 - Use a wide variety of coloured vegetables, different colours mean different nutrients which are good for your health
 - Bulk up meals with vegetables e.g. decrease the amount of mince and add grated carrot and zucchini
 - Fill half your plate (or more) with coloured vegetables – give your body a nutrient boost!
- **Be smart with leftovers**
 - As soon as you have served dinner – pack up the leftovers into containers and put away. This stops you going of going back for seconds and the meal can be used for lunch/dinner the next day. This will save you money in the long run.

HOMEWORK: Are there one or two of these tips you think you could try? E.g. This week I am going to write a shopping list **OR** this week I am going to pack dinner leftovers into a container for lunch the next day.

This week I am going to:

- _____
- _____
- _____