South Coast Prevention Team

Tips to help you
Eat well for less

Here are some clever ways to be a smart shopper and eat healthy on a budget.

☑ Plan ahead

- Check what foods you already have.
- What could you make with the ingredients you already have?
- Plan the main meals for the week – what foods do you need to buy?
- Make a shopping list with the items you need most at the top.

☑ Eat before you shop

- Shopping when you're hungry may cause you to buy more than you need.

☑ Know what time to shop

- Bakery goods, meat, dairy products and fresh produce usually go on sale in the evening. Remember to check the use by date to avoid food waste!
- Produce that is in season will be cheaper than out of season items.

☑ Buy the basics first

- Buy fruit, vegetables, wholegrain breads and cereals, dairy products, meat and alternatives before snack foods and other treats.
- Eating a variety of foods from each of these groups will give your body the nutrients it needs.

☑ Try frozen or canned fruit and vegetables

- Frozen and canned are good alternatives to fresh – equally nutritious, convenient and often cheaper.
- Choose canned vegetables labelled with 'no added salt'.
- Choose canned fruits in natural juice rather than syrup.

☑ Buy whole foods

- Some foods are a lot cheaper in less processed form. For example;
  - A block of cheese is cheaper than shredded cheese.
  - Oats are cheaper than most processed cereals.
  - Potatoes are cheaper than frozen chips.

☑ Make your meal go further

- Bulk up your meals with legumes and seasonable vegetables for a cost effective and nutritious way to make your food go further.
- For example, add grated carrot, zucchini and canned lentils to a bolognese sauce or chickpeas, sweet potato, broccoli and green beans to a curry.

☑ Substitute meat with other proteins
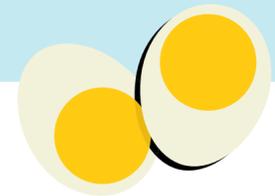
- Try having one or two days per week where you use other protein sources such as lentils, chickpeas, beans or eggs. These are cheaper than meat and contain lots of important nutrients.

☑ "Superfood" is just a buzzword

- You don't need to waste your grocery budget on the latest fad "superfood". Instead, focus on eating a variety of healthy foods including fruits and vegetables on a regular basis.

☑ Grow your own or join a community garden

- Growing your own fruit, vegetables or herbs is a good way to save money and stay active.
- Joining a community garden is a great way to learn new skills and stay connected with your community.
- Contact your local neighbourhood or community house for information on joining a community garden or to get help with the set up of your own vegetable garden.