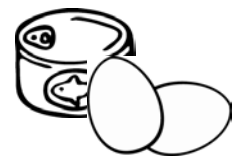


Eating on a Budget



1. Planning your meals

- Plan your main meals one week ahead.
- Use bread, rice, pasta, noodles, vegetables and fruit as the base of your meals.
- Use cheaper protein foods sometimes instead of meat or chicken. Try tinned fish, legumes or eggs.
- Use fruit and vegetables in season.
- Grow your own herbs, vegetables and fruit.



2. Shopping hints

- Make a shopping list and stick to it.
- Don't shop when you are hungry.
- Buy brands on special or 'no name' brands.
- Frozen or tinned fruit and vegetables can be cheaper than fresh and just as healthy.



3. Cooking hints

- Cook in bulk and freeze leftovers in single serve containers.
- Making foods yourself is cheaper (e.g. biscuits, cakes, scones, muesli, soups and pizza).
- Use longlife (UHT) milk or milk powder sometimes.
- Homemade soups and stews are a great way to use leftovers.

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- Use recipes with cheaper cuts of meat (e.g. stews) or ‘stretch out’ the meat with vegetables (e.g. patties).

SOURCE: Appetite for Life Manual (Nutrition for Older People)
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Department of Health and Human Services
Community Nutrition Unit