

LEAPS

learning eating active play sleep

Budget Buying

Planning your food shopping effectively can save you money!

Before you go shopping:

1. Read supermarket brochures and look online for specials for healthy food items and compare prices when shopping
2. Buying in bulk can save lots of money – particularly when the items are on special
3. Look for a local fruit and vegetable market, roadside stall, or shop, as the produce can be a lot more varied and usually cheaper
4. Pick a day of the week to plan out your weekly menu and check what ingredients you already have. Try to do the same day each week, and avoid multiple trips to the shops
5. Write a shopping list and stick to it when you go shopping
6. Don't shop on an empty stomach – when you're hungry you're more likely to overspend on unhealthy foods

At the shop

1. Compare foods by the price per kilogram, which is now on all shelf price tags
2. Consider buying generic (home brand) instead of branded products – they can be cheaper and of equal quality
3. Choose fruits and vegetables that are in season as they are usually better quality, cheaper and tastier
4. Frozen and tinned fruit and vegetables are still very healthy options, and they can be cheaper than fresh items
5. Legumes are a cheap and healthy way of bulking up meat dishes, bolognese, curries, casseroles and salads to make them stretch further. (e.g. tinned - no added salt if possible - or dried chickpeas, kidney beans, three or four bean mixes, lentils)
6. Avoid chocolate, chips and soft drink 'impulse buys' at the front of the supermarket aisles and at the checkouts



For more information:

FOODcents:

www.FOODcentsprogram.com.au

Food Safety Fact Sheets:

www.health.qld.gov.au/foodsafety

Menu Planning:

www.healthyfoodhealthyplanet.org



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