

# Shopping on a budget

## Budget Meals



COOKING

**Remember to enjoy a wide variety of nutritious foods from the five food groups and limit your intake of foods containing saturated fat, added salt and sugars. Shopping on a budget does not have to mean plain and bland foods or only buying the generic supermarket brands.**

- **Use a shopping list**
- Remember take your own shopping bags so you do not have to buy anymore
- Buy staple food items at the beginning of your shopping trip (like bread, milk)
- If you want to track your spending, take a calculator and add up as you go
- Remember to eat something if you are hungry before you go shopping
- Check supermarket catalogues for weekly specials and use 'shop-a-dockets'
  
- When shopping with children use 'lolly free checkouts'
- Ask a friend to look after your children so you can go shopping
- Check for product specials and 2-4-1- does not always result in savings
- Avoid pre-packaged and processed foods like pre-cut vegetables and grated cheeses as they are more expensive than buying the whole foods and cutting them yourself
- Buying fresh fruit and vegetables from a local fruiterer or green grocer can save you money
  
- If there is a special, and you can budget for it, buy in bulk and put it in the cupboard
- Try frozen or canned vegetables as these may be cheaper than fresh and will keep for longer avoiding food spoiling.
- Try some of the supermarket generic brands, as generally these can be of same or similar quality
- Extending meals with the use of canned goods can help; try adding canned beans and legumes to dishes like stews, casseroles and Bolognese dishes. If there is extra this can be frozen as a quick mid-week meal.
- Your supermarket can make mistakes too, check your shopping docket before you leave the supermarket to ensure you have been charged correctly or items you brought on special were scanned at the special price