

# General Tips Cooking on a budget



COOKING

**Cooking is a basic life skill that everyone should learn. This skill is vitally important if you are living independently. It will definitely be helpful in some point of life. When it comes to saving money, cooking at home can save you plenty. Cooking can also promote good health. It can be a way to socialize along with promoting personal creativity and satisfaction. Get the kids involved and make it a fun activity, connect with family, friends and help build everyone's skills.**

Cooking doesn't need to be difficult or time consuming it can be a rewarding experience. Start with something simple, quick and practice. The more you cook the easier it becomes and the more confident you will become.

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 and cooking on a budget does not have to mean plain and bland foods or only buying the generic supermarket brands.

## General tips

- Eat a variety of foods, fresh fruit and vegetables
- Buy seasonal produce, which means that you will be buying different fruit and vegetables throughout the year
- Grow your own vegetables and herbs in pots or in your backyard if you have the opportunity to do so
- Organise your shopping each week by using a shopping list, only spending what your budget allows, planning your meals for the week
- Get the whole family involved in cooking and preparing food
- Takeaway should be an occasional food, not something to buy every day. You could try and make a fun night in with family by making your own version of fast foods like burgers and fries. Getting your whole family involved in making the food they eat will encourage health food messages.