



## **WOMENS HEALTH SERVICES**



### **“Food Budgeting Tips”**

- ***Shop once a week or less***

This will protect your budget. Think about the extra money you spend on petrol, your time, and the extra items you might buy with more regular supermarket shopping.

- ***Plan your meals and make a list***

Plan the meals you are going to cook for the week. Make a list of the needed ingredients and take it shopping with you. Try to buy only the items on your list.

- ***Check the fridge and pantry before you go shopping***

There is no need to buy what you already have.



- ***Don't shop when you are hungry***

Hunger causes you to buy more snack food (and more food altogether!)

- ***Buy larger portions***

Small individual sizes are often convenient, but generally not a good bargain e.g. a 1-kilo tub of yoghurt is much cheaper than the smaller tubs.

- ***Look for Fruit and Vegetables in season***

Buy in season and you will enjoy tastier and cheaper food. If a fruit or vegetable is out of season (and therefore expensive), look at frozen or canned varieties.

- ***Buy discounted items***

Look out for flyers from your local supermarkets that advertise sale items. Look for good healthy specials on items you need.

*Note: Always check the use-by date to make sure it is safe to eat!*

- ***Stretch your meals by adding legumes / vegetables***

Add a can of kidney beans or a grated zucchini to a spaghetti meat sauce. This will be cheaper and healthier and will feed more people.

- ***Grow your own vegetables***

The family will have fun and you will save money. Children who watch vegetables grow and pick them, will almost certainly enjoy eating them.

- ***Cook in bulk and freeze***

Meals such as soups and stews can be cooked in bulk and frozen to use later.

- ***Visit your Local Growers Market***

They will often have cheaper and tastier foods than the supermarkets.

- ***If possible, leave the kids at home***

Kids can make shopping tiring and may cause you to buy more junk food.

**References:**

Department of Health (2008) FOODcents Adviser's Manual (Revised Edition)  
Cancer Council Western Australia (2008) PGR Educator's Manual – A guide to conducting parent workshops  
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