



## **Healthy ideas you can spend on food with \$25**

Wholegrain/wholegrain bread	\$ 2.00
Low-fat milk	\$ 2.00
Breakfast cereal (e.g. Quick oats or small box of Weetbix)	\$ 3.00
Lean meat (e.g. Large tin of tuna or lean ham)	\$ 3.00
Tin of baked beans	\$ 1.50
Pasta or rice	\$ 1.50
Fresh Vegetables (e.g. lettuce, carrots, tomatoes)	\$ 3.00
Fresh Fruit (e.g. 4 apples – look for the specials)	\$ 3.00
Eggs (½ carton = 6 eggs)	\$ 3.00
Mixed frozen Vegetables	\$ 3.00
<b>Total spent (approximate)</b>	<b>\$ 25.00</b>

*\*\*These are just suggestions. There is plenty of other healthy food you could also spend you money on.  
Try to focus on fresh fruit, veggies, legumes, breads and cereals \*\**

### **Meal Ideas using the above suggested foods:**

Breakfast: cereal & milk, toast, baked beans on toast, eggs on toast.

Lunch: tuna & salad sandwich; egg & salad sandwich; tuna & veggie salad (with rice or pasta).

Dinner: Vegetable omelette/quiche; tuna & veggie pasta.

Snacks: apples; baked beans; toast; glass of milk (smoothie).

### **Other hints for saving money on your food budget:**

- Plan a couple of meals and write a list (try to stick to the list).
- Limit convenience and pre-packaged items, as these are more expensive than fresh.
- Check the fridge and pantry before you go shopping (there is no need to buy what you already have). You may even be able to make a meal from the ingredients you already have!
- Fruits & veggies that are in season will be cheaper. So watch prices because the cheapest will probably be the freshest.
- Look out for supermarket catalogues and specials on the items you need.
- Supermarkets often discount items (especially meat) late in the afternoon on a Saturday.
- Visit the local growers market to get your fruit & vegetables.



For more information on this subject or any other **women's health** or **mental health issue** please contact us on (08) 9227 8122, or toll free on 1800 998 399

For information on issues specific to **Indigenous health** or for **drug and alcohol** related issues please contact us on (08) 9227 9032, or toll free on 1800 246 655