

Eating on a budget



Tips for shopping on a budget

Healthy eating on a budget is possible – it just takes some planning. This can save both time and money. If you have been advised to choose high calorie foods to assist with weight gain, be sure to avoid the low fat options available.

Shopping Tips:

- Make a shopping list and stick to it – this way you only buy what you need.
- Keep a list of standard food items and staples (e.g. rice, pasta, tinned foods) and buy extra when they are on sale.
- Buy fruit and vegetables 'in season' as they are cheaper.
- Canned foods are often cheaper than fresh or frozen and store for longer without the need for refrigeration.
- Look out for 'specials' sections – generally at the end of aisles, however be careful as these are not always bargains.
- Shop earlier or later in the day when items may be reduced for quick sale.
- Compare prices by unit (eg. per kg) to get the best bargain (often listed on price tags on shelves).
- Use a 'loyalty store card' at bigger supermarkets eg. Sainsburys nectar card or Tesco club card – they are free and points collected provide future discounts on products.
- Store brands and generic products are often cheaper than brand name products.
- Buy quantities you can readily use/store easily to avoid wastage.

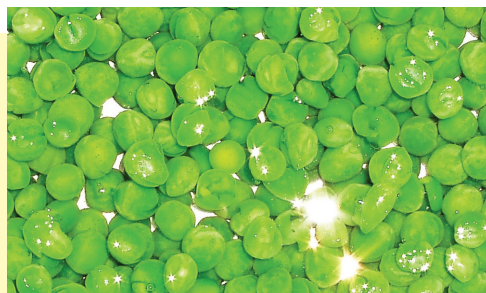


Shopping tips

- Use dried beans to bulk meals and increase the protein content.
- Finish the whole container (e.g. ketchup) before buying a new one.
- Supermarkets often put brand name products in the middle of the shelves – look above and below for cheaper alternatives.
- Know your area – convenience stores often have specials also, however generally they are more expensive.
- Prepare your own meals – this is cheaper than eating out.
- Buy powdered milk and use in drinking and cooking – to increase the protein and calories of your meals.

Store cupboard suggestions:

- Rice
- Pasta
- Dried peas/beans/lentils
- Peanut Butter/Jam
- Mayonnaise/ketchup
- Frozen/canned vegetables
- Canned Fish (e.g. tuna, sardines, mackerel)
- Canned baked beans/spaghetti/macaroni/sausages
- Sugar – white or brown



- Jelly
- Canned fruit
- Milky desserts (custard, rice pudding)
- Porridge Oats and breakfast cereals
- Cooking oils
- Powdered milk
- Bread – you can put this in the fridge or freezer to make it last longer
- Nuts, seeds and dried fruit