

Tips for economical healthy eating

When Shopping

Buy Locally produced foods. By choosing local products you can save money and help the environment.

Buy unprocessed foods. Refining can make a product more expensive and the process removes the essential fibres, vitamins and minerals.

Buy fruit and vegetables that are in season. Don't cut down on vegetables and fruits, as these are 'protective foods' which are important to fight infections and keep the body and mind healthy.

Buy tinned or frozen vegetables if fresh vegetables becomes unusable too quickly in your home.

Buy tinned fish, e.g. pilchards, sardines or tuna, as it's generally cheaper than buying fresh fish.

Buying a whole chicken usually has more meat and less bone proportionally, than buying chicken pieces.

Buy cheaper cuts of meat. Compare meat prices per kilogram. Avoid tinned and processed meat, polony, and sausages, as these are high in fat, and salt.

Avoid: Fizzy drinks, chips, chocolates, cakes and biscuits aisles. These products are high in sugar, salt and fat and have no nutrients. Don't go shopping when hungry.

Budget-friendly healthy grocery list

Plan by making a shopping list with only the items you need. Look out for special offers on healthy foods.

Proteins

- ☐ Beans
- ☐ Lentils
- ☐ Chickpeas
- ☐ Beef
- ☐ Canned tuna
- ☐ Chicken
- ☐ Pilchards
- ☐ Eggs

Starches

- ☐ Whole wheat bread
- ☐ Maize meal
- ☐ Rice
- ☐ Samp
- ☐ Oats

Dairy

- ☐ Low-fat milk
- ☐ Low-fat cottage cheese
- ☐ Low-fat yogurt
- ☐ Maas
- ☐ Amasi

Fruit & Vegetables Spring/Summer:

- ☐ Apple
- ☐ Bananas
- ☐ Pineapples
- ☐ Watermelon
- ☐ Marrows
- ☐ Beetroot
- ☐ Butternut

Autumn/Winter

- ☐ Mangoes
- ☐ Plums
- ☐ Oranges
- ☐ Broccoli
- ☐ Spinach
- ☐ Cucumber
- ☐ Tomatoes

Healthy fats

- ☐ Avocado pear
- ☐ Olive oil
- ☐ Peanut butter



Use your food budget wisely



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WOW!
Creating A Culture Of Wellness Together

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What you can do at the comfort of your own home!

A healthy, balanced diet should include a variety of good quality, nutritious foods that provide the nutrients (carbohydrates - starches, proteins - meat and meat alternatives, fats, vitamins and minerals) in the correct quantities to meet the requirements of the individual to feel good and maintain a healthy weight.

Cheap, processed and fast foods can be a tempting way to satisfy your hunger, but your purchase will only provide your body with a very small amount of the nutrients you need to live a healthy life.

Even though people think healthy food choices as more expensive, a well-balanced diet that includes the food groups that are the building blocks for a healthy diet can be affordable, especially with good planning.

Focus on eating foods that are rich in nutrients to get the best value for your money!

For further information:

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Be Healthy! Be Happy! Be You! Be WoW!

Eat more plant protein than animal protein by having meat free meals often. Have meals with just plant protein such as lentils, split peas or dried beans without any meat. Buy dried beans, peas and lentils in 500g packets and prepare them yourself to save a lot of money.

Make meat go further by adding beans, lentils, soya or vegetables to 'stretch' it.

Cook from scratch using fresh ingredients; it's cheaper than eating out and better for your health and pocket.

Cook extra portions in the evening so that you can have the leftovers for lunch the next day. Leftovers can also be frozen for another day.

Cook your food on a lower heat for longer to save on electricity/gas costs.

Packing a healthy lunchbox for work or school is cheaper and will stop you from buying unhealthy food and snacks.

Freeze. If vegetables and fruit are starting to go off, cook and then freeze them to use later instead of throwing them away. These frozen, cooked vegetables and fruit make healthy, tasty additions to soups, stews and desserts.

Grow your own. Start a food garden at your home or in the community and grow your own vegetables.

Serve the right portions. Meat should not take up more than one-quarter of your plate. Fill half the plate with vegetables and the final quarter with whole grain.

Waste nothing!

Use vegetables leaves, potato skins and left over vegetables in soups and stews.