

Cost saving meal tips

This information will help you save money while still eating nourishing meals.

Saving at the grocery store

- Plan your meals for the week, make a shopping list and only buy what you need.
- Consider buying generic brand items. There is often little taste difference.
- Only go down the supermarket aisles you need items from.
- Buy fruit/vegetables in season as these are often cheaper. Try fruit and vegetable shops or markets.
- Don't buy too much fresh produce as this has a shorter use-by date.
- Try buying frozen vegetables if you are often throwing fresh ones out.
- Buy foods on special, especially if the food items can be stored safely for use later e.g. bulk meat for the freezer, frozen meals, tinned food. Look at the weekly specials in catalogues or online. Go to the supermarket at the end of the day for more discounts.
- Buy blocks of cheese as these will usually be cheaper than pre-sliced or pre-grated cheese.
- Large containers of yoghurt and custard are cheaper than individual small containers.

Substitute ingredients when cooking

Add protein to your meals without adding extra meat:

- Add legumes to dishes to make meat go further (e.g. lentils or kidney beans to a mince dish, chickpeas to stews).
- Legumes can be bought dried which is cheaper than tinned. Dried legumes often need to soak overnight and require cooking.
- Eggs are often cheaper and quicker to cook than meat.

Freezing meals/cooking in bulk

This is a cheaper way to have ready-made meals and useful when cooking for one person.

- Consider freezing bread and small muffins/cakes to extend the use-by date. Keep these well wrapped.
- Raw meat can be frozen in individual portions.
- Label items with the date and name of the meal/food.
- Frozen items should usually be used within about 3 months.
- Items containing liquid will usually freeze best e.g. casseroles, pasta sauce, soups.
- Cook in bulk and freeze leftovers in individual meal-sized containers.
- Make sure that meals are thoroughly reheated before eating and do not re-freeze meals.
- Ensure the freezer is not overstocked as items may not freeze properly.

Using leftovers

Using leftovers is a great way to reduce your grocery bill and food waste.

- Eat leftovers the next day.
- Cooked meat can be used as a sandwich filling, in soup, pasta sauce or as a 'bake' e.g. pasta bake.
- Tomato-based pasta sauces could be used as a jacket potato filling or to make chicken parmigiana.
- Use leftover cooked vegetables to make patties – mix with tuna or mashed legumes and bind with eggs.
- Cooked vegetables could be used in a salad, in omelettes or quiche.
- Sausages can be used in sandwiches, in pasta sauce, in stews and bakes or as a pizza topping.

For information on budgeting visit:

www.moneysmart.gov.au

Dietitian: _____
Contact: _____