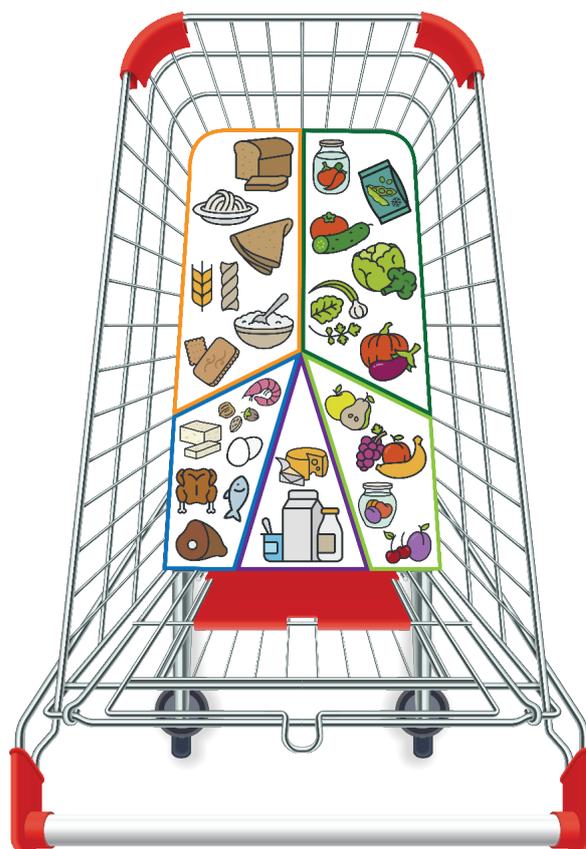


Planning & Preparation

Grocery Shopping

- Plan the meals and snacks you are going to have for the next couple of days using the weekly meal plan provided. Use this plan to write a shopping list of the foods you need using our helpful shopping list also provided.
- Shop around the outside of the supermarket. This is where all the fresh food is usually located, such as fruit, vegetables, deli, bread, dairy, eggs.
- Think about the meals and snacks you've planned before you go and while you are at the supermarket. Is there an extra vegetable you could buy that you haven't had in a while or never tried? Maybe you could add it in.
- Is there a fruit that you could add to your fruit bowl to grab for an extra snack?
- You don't have to go down every aisle. Only the ones you need something that is on your list.
- When you look in your shopping trolley the proportions should roughly resemble the same as the Australian Guide to Healthy Eating or possibly more fresh foods such as vegetables and fruit as the other groups are easier to store at home in larger quantities e.g. rice, pasta.
- Try not to go to the supermarket hungry as this might sway you to buy unnecessary foods.
- Stick to your grocery list.
- Look for generic brands to buy. Most of the time they are very similar or the same as the branded products.
- Understand the price tag. Comparing product of how much per 100ml/100g etc rather than comparing product prices, as they may be different sizes.
- Stock up on sales and buy in bulk. Only on foods from the 5 core food groups such as canned fruit and veg, long life milk, bread (if you have room to freeze an extra loaf), oats, crackers or crispbread (with a long expiry date), meat (to freeze if you have room), nut spreads, vegemite, extra virgin olive oil.



Use this shopping list as a guide to buy a variety of foods from the 5 core food groups.

Vegetables and legumes/beans	Fruit	
Broccoli or broccolini	Apples	
Brussels sprouts	Pears	
Bok choy	Oranges	
Cabbage	Mandarins	
Cauliflower	Grapefruit	
Lettuce	Apricots	Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
Spinach or silverbeet	Cherries	
Snow peas	Peaches	
Potatoes	Nectarines	Lean Mince
Sweet potato	Plums	Lean Steak
Carrot	Bananas	Roast
Beetroot (fresh or canned)	Mango	Chicken breast
Onion	Pineapple	White fish fillets (fresh or frozen)
Shallots	Rockmelon	Salmon (Fresh, canned or frozen)
Garlic	Watermelon	Tuna (canned)
Turnip	Blueberries	Prawns
Red kidney beans (canned or dried)	Strawberries	<i>Other:</i>
Cannellini beans (canned)	Blackberries	
Chickpeas (canned)	Raspberries	
Lentils (canned or dried)	Grapes	
Baked beans	Passionfruit	
Split peas	Kiwifruit	Eggs
Tomato (fresh or canned)	<i>Other:</i>	
Celery		Almonds
Sprouts		Peanuts
Zucchini		Walnuts
Squash		Macadamia
Avocado	Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties	Hazelnuts
Capsicum		Cashews
Eggplant		Peanut butter or nut spread
Mushrooms	Bread (wholemeal or wholegrain)	Pumpkin Seeds
Cucumber	Wraps (wholemeal or wholegrain)	Sesame Seeds
Pumpkin	Oats (high fibre, wholegrain),	Sunflower seeds
Green beans	Porridge, Muesli	Brazil nuts
<i>Other:</i>	Flatbread or pizza bases	<i>Other:</i>
	Whole wheat biscuits (Weet Bix)	
	Rice	
	Corn	
Milk, yoghurt cheese and/or alternatives, mostly reduced fat	Quinoa	Other foods:
	Pasta	
Milk (fresh or long life)	Noodles	Extra virgin olive oil
Yoghurt	English Muffins (wholemeal)	Butter or margarine
Cheese:	Crumpets	Vegemite
Tasty or Cheddar	Rice cakes	
Feta	Cous cous	Herbs & Spices:
Halloumi	Popcorn	
Ricotta	Flour	
<i>Other:</i>	Crackers (wholegrain)	
	Crispbread (wholegrain e.g Vita-weat)	
	<i>Other:</i>	

Money & time saving tips

- **Meal prep**

Preparing meals ahead of time can save you time and money as you won't need to grab a ready-made meal or snack from a café or such, which can be expensive and generally not the healthiest option. There are various ways to meal prep including allocating 1 day in the week to bulk cook and freeze: soups, vegetable muffins, pasta sauces, stir-fries and curries or making extras for dinner to have for lunch the next day.

- **Look for time efficient meals**

Look for recipes that don't take much time or equipment to make. These could be 'one-pot' meals, slow-cooker recipes or a recipe from the No Money No Time website (nomoneynotime.com.au). Cooking recipes like this will mean you are less likely to buy takeaway and will be cheaper and healthier.

- **Organise your kitchen**

Having an unorganised or messy kitchen can make it very uninspiring and time consuming to cook. To organise your kitchen, give everything its own place so you know where it is when you need it. Also make sure you have enough clear bench space to prepare meals easily and safely. Cleaning as you go will also make it much easier to clean up after. This includes throwing food scraps away once you've finished cutting them off, throwing away packaging as you go or putting foods back in the fridge or cupboard once you're done with them.

- **How to budget**

The best way to budget is to follow our previous tips to 'make a plan'. Plan your meals for the week including simple and cheap meals from the No Money No Time Website. Check what you already have in your pantry, fridge and freezer. Choose meals that you can make a larger batch which you can have for dinner and then lunches. Adding lentils to mince dishes will make the mince go further for less of a cost. Set a realistic budget of how much you have to spend in the week, calculate how much this gives you per day and per meal and stick to your plan.

- **Cook at home**

Cooking at home can be healthier, cheaper and also time efficient if you know how. By cooking at home instead of eating out you know exactly what you're eating. It doesn't contain any hidden fat, salt or sugars. You can add extra's in to save you money like vegetables that are left in your fridge before they go bad. With a good plan you will have everything on hand and preparing the meal could be even quicker than going to a restaurant and waiting for delivery. The No Money No time website is a great resource to help you with this, containing further info, time and money saving tricks and simple recipes.

- **Stop buying junk foods**

If you do not buy junk or 'discretionary' foods, you are less likely to eat them. Use the grocery shopping tips on the previous page to plan and shop for enough foods from the 5 core food groups first and then you should have little room left for many junk foods. Junk food is also more expensive for the amount of nutrients it provides and how filling it is. For example, a 45g packet of chips from a vending machine costs about \$2.70 and contains little nutrients or filling fibre but a high amount of fat and salt. Consider a serve of strawberries (150g): it costs about \$1.50 and are not only filling as they contain fibre and water, but also have many vitamins, minerals and phytonutrients, great for our health.

- **Replace meat with other proteins: legumes, eggs, nuts**

Meat can be expensive especially if you're having it multiple times a day or every day of the week so cheaper protein alternatives to use are legumes, eggs, and nuts. To swap out minced meat use legumes as they have a similar consistency and take on the flavour of your sauce and cost approximately \$1.50 per tin. Nuts and seeds can be added to salads or can be enjoyed as a snack on their own. Eggs are a very versatile product and will ensure you remain full after meals due to the high protein content. You could make omelettes, quiche, egg sandwiches, add to salad or just simply boil, fry or poach. All these food sources have a longer shelf life so they won't go out of date as quickly compared to meat.

- **Shop for produce in season**

Eating seasonal produce can be cheaper as there is an abundance of it around. In season produce can also be more flavoursome. Keep an eye out for supermarket specials or head to your local farmers market and talk to the growers about what's in season.

- **Frozen fruit and vegetables**

Frozen fruit and vegetables are just as nutritious as fresh. Prepping fruit and vegetables can sometimes take time due to washing, peeling and cutting whereas frozen produce is already prepared therefore saving you time. Some vegetables also come in steam bags that you heat in the microwave which not only saves you time on prepping and cooking but also time on cleaning as you don't need to wash up. You can also keep them on hand to make a meal or snack when you don't have time to go shopping. This may also be healthier because you'll be less inclined to order takeaway or grab an unhealthy snack.

- **Pack your lunch**

Getting into the routine of packing your lunch can save you a lot of both money and time. Making a plan of what to have for the week, buying what you need and preparing a lunch box the night before will mean that you do not have to spend time in the morning thinking about what to have. You won't have to stop to buy food on the run or from a café or takeaway restaurant for lunch as this can be both unhealthy and quite expensive. Another plus! It can also be tastier and more satisfying as you get to choose exactly what you want and how it's made.

Snacks to have on hand

Variety of Fruits:

Apple, Banana, Blackberries, Blueberries, Cherries, Dates, Grapefruit, Grapes, Honeydew Melon, Kiwifruit, Mandarins, Mangos, Mulberries, Nectarines, Oranges, Passion Fruit, Peaches, Pears, Pineapple, Plums, Prunes, Raspberries, Rockmelon, Strawberries, Watermelon.

Veggies to cut up in sticks or to have with dip:

Carrot, Celery, Capsicum, Cucumber, Snow Peas, Beans, Cherry Tomatoes. Try a dip like Veggie based dip like Hommus, Tzatziki or Guacamole. These can be easy to make yourself.

Yoghurt – add fruit, muesli, nuts and seeds.

Nuts or Trail Mix