

Healthy Eating Tips on a Budget

The way you shop

- Plan your shopping to avoid costly impulse buys
- Try not to go shopping on an empty stomach – you'll be tempted to buy more than you need
- Buy store brands instead of well-known brands – they're usually cheaper
- Be wary of Buy One Get One Frees. They can be good value but often they can tempt you to buy more than you will actually use.
- It's worth checking prices at local suppliers or markets, as they can sometimes be cheaper than your regular shops.

Making your own food (if you have the facilities)

- Ditch the takeaways and ready meals. Ready meals can often be more expensive than preparing the food yourself. They are also often high in fat, salt and sugar – remember to read the label. Cooking can take up more time, but it will pay off in terms of health and expense.
- Eat a proper breakfast of fruit, wholemeal bread or cereal, you'll be less tempted to snack later
- Make your own sandwiches, it will be cheaper than going out and buying one for lunch
- Use tap water rather than bottled water
- If you crave a snack, try having a hot drink or water instead. Drinks can sometimes help to stave off hunger pangs

What you eat

- When buying fresh fruit and vegetables, choose ones in season. They will not only be cheaper, but they will taste better too. Freeze some in bags to eat later.
- Canned fruit or frozen vegetables can be cheaper than fresh ones and can be just as nutritious. Choose the reduced and sugar versions
- Vegetables are often cheaper than meat and are loaded with important vitamins, minerals and fibre. Try more veggie meals
- Drink water or fresh, unsweetened fruit juice instead of soft drinks but try to limit fruit juice to one or two glasses a day.