The simplest way
...to food shop on a budget

Here are our 5 top tips for saving money at the checkout:

1. Create a weekly menu plan

2. Write a shopping list according to the menu plan + stick to it!

3. Compare unit pricing - often you will be able to save a lot of money this way

4. Buy fruit and vegetables that are in season - this can save you up to 35% than other times of the year - or buy canned/frozen where fresh is not available

5. Limit your purchases of processed snacks/meals - these are often unhealthy and expensive

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

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