The simplest way

to food shop on a budget

Here are our five top tips to save money while shopping for your fruit and veg.

1. Create a weekly menu plan

2. Write a shopping list based on menu plan

3. Compare prices using ‘unit pricing’ (per kilo/100grams) if available

4. Buy fruit and vegetables that are in season, or pick the canned/frozen option if cheaper (and just swap them)

5. Limit your purchases of processed pre-prepared snacks/meals

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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