

7 Handy Hints



To Stretch Your Food Budget Further



1. BUY GENERIC

Homebrand goods are cheaper but taste just as nice! They are usually made in the same factories as branded products.



2. AVOID CONVENIENCE FOOD

Pre-packaged meals and fast foods are usually more expensive. Buy ingredients separately and prepare your own delicious, healthy meals.

3. REPLACE MEAT WITH OTHER PROTEIN

Try eating beans, legumes and tofu for your protein in place of meat.

4. BUY IN BULK

It's much cheaper, especially sale items. Any leftover/unused foods can be frozen and then used later - even bread and milk!

5. BUY IN SEASON FRUIT & VEG

Try your local farmers market or the Queen Victoria Market for a wide selection of in-season fruit and vegetables at lower prices.

6. EAT LOW GI FOODS

Adding low-GI staples to meals (wholegrain pasta and bread, brown rice) or snacks (oats, nuts, yogurt) makes you feel fuller for longer!

7. PLAN YOUR MEALS

Make a list of all the foods you need, stick to it and avoid going to shop for food when you're hungry.

