





HEALTHY EATING ON A BUDGET

QUICK AND EASY TIPS ABOUT HOW TO EAT HEALTHY ON A BUDGET

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- Buy fresh fruit and vegetables that are in season.
 - Use frozen and canned vegetables and fruit, as they are often cheaper and last longer.
 - Buy items that do not go off in bulk such as pasta, rice and oats.
 - Do not shop whilst you are hungry, as you are more likely to purchase foods you do not need.
 - Buy generic and home brand items where possible.
 - Include vegetarian meals throughout the week, as protein sources like eggs and beans are often cheaper than meat.
 - Freeze left over meals for future lunches and dinners.
 - Make a shopping list and stick to it, to avoid buying unnecessary items.
 - Make water your drink of choice opposed to juice and soft drinks, as water is free and healthier.
 - Cook food at home, as it is cheaper and often more nutritious than take away foods.
 - Buy brands that are on sale or being promoted.
 - Buy canned seafood opposed to fresh.
 - Buy cheaper cuts of meat, such as chops, mince, chuck steak and whole chicken.
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