Healthy eating on a budget

cook well
eat well

Try these tips for healthy eating on a budget.

1. Check what food you already have

2. Make a weekly meal plan

3. Make and stick to a shopping list

4. Buy seasonal fruits and vegetables

5. Choose cheapest or unbranded products

6. Buy canned or frozen fruits and vegetables

7. Cook at home

www.cookwelleatwell.org.au

Nutrition Australia

supported by VicHealth®