

Grocery shopping can be challenging. Choosing the right foods, staying on budget and then making the most of your pantry and fridge are issues for most people. Here are our easy steps for planning and using your groceries.

Before you go shopping

- Check what you have in your pantry, fridge and freezer
- Write a shopping list for ingredients you will need for the week
- Plan to use fruits and vegetables that are in season

In the supermarket

- Stick to what is on your shopping list
- Avoid going shopping when you're hungry as you will be more likely to buy foods you don't need
- Look for bulk buys and specials, but be sure you have the space and appropriate facilities to store them safely. Good examples include larger packets of grain foods or canned foods that have a long shelf life
- Include frozen or canned fruits and vegetables, they are often just as nutritious as fresh options
- Legumes are a cheap source of protein, add them to your meat recipes to lower the cost and boost the fibre in your meal
- Look for recipes that use cheaper cuts of meat such as slow cook meals with lots of vegetables
- Buy in-season fruit and veg – look for those that are plentiful as a hint
- 'No name' brands are often cheaper
- Compare the price per kilogram, not per serve



In the kitchen

- Cook double batches and freeze leftovers for another meal during the week
- Use up any vegetables at the end of the week by making up a batch of soup, stew or stir fry

Do you have a question about healthy eating?

Contact the **ACT Nutrition Support Service** on **02 6162 2583** or visit our
website **www.actnss.org**