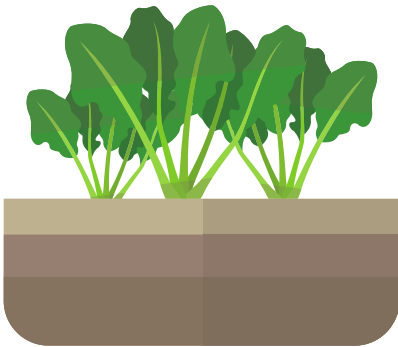


Money saving tips at home



GROW YOUR OWN FRUIT AND VEGETABLES

- Grow leafy greens in a planter box.
- Keep herbs watered in a pot on a sunny window sill.
- Easy to grow productive vegetables include zucchini, silverbeet, spring onion and tomatoes.

COOK

- Basic meals using whole ingredients.
- Cook in bulk and freeze leftovers or use for another recipe.
- Make your mince, stews and casserole meals go further by adding lentils, tinned beans and extra vegetables.
- Replace expensive meat in dishes with tinned tuna, legumes, eggs or tofu.



STORE WISELY

- Allow room in your pantry, fridge or freezer to store left over meals or food that has been purchased in bulk.
- Make sure you use food before it spoils.

PLAN

- Plan your meals for the week ahead. More home cooking saves more money.
- Make a shopping list.

