

# Eating Well On a Budget



Food For Thought give you some tips on how to eat a healthy, balanced diet, and save money .

- 1 Plan Your Meals**  
Planning meals helps reduce waste, and helps you budget so that you only buy what you need. **Use recipe books or websites for inspiration and ideas. You can find lots of recipes on our website.**
- 2 Write a Shopping List**  
When you have planned your meals, write a shopping list. Only buy what you need. **Use our handy Shopping List sheet to help.**
- 3 Cook from Scratch**  
Avoid buying 'ready meals' - they are more expensive and often less nutritious than home-made. Avoid convenience foods - grating your own cheese / cutting and preparing your own fruit, vegetables, meat and fish is much cheaper and healthier than buying pre-prepared foods or highly processed foods such as cheese strings!
- 4 Consider your Portion Size**  
You may choose to prepare one portion at a time, or you may batch cook and freeze extra portions. Batch cooking can sometimes enable you to avoid waste and save on cooking time.
- 5 Re-use Leftovers**  
You may have enough to save some for lunch the next day. You can adapt leftovers to make something different and new - for example, leftovers from a roast dinner could be made into a pie.
- 6 Have more Meat-Free Days**  
Use beans, pulses and legumes (such as lentils) to replace meat proteins. Soya or quorn can also replace meat in many dishes.
- 7 Shop Online if Possible**  
This can help to avoid the temptation to pick up things in store which aren't on your shopping list. Avoid offers which tempt you into buying things you don't need.
- 8 Check the 'per 100g' Price**  
Generally it is much cheaper to buy loose items rather than pre-packaged.
- 9 Buy Frozen Fruit & Vegetables**  
Buying frozen fruit and vegetables helps avoid waste. You only use what you need, the rest will always keep for another time.
- 10 Freeze!**  
Buy reduced items if shopping in store - only if they are on your list. Many things can be frozen until you need them. Freeze leftover bread, meat and other foods to use another time, instead of throwing them out.
- 11 Avoid Take-away Food**  
Take-away food can be expensive and may be of lower nutritional value than home-made. If you have a favourite take-away food, try to recreate this yourself at home.