



**COMMUNITY  
SERVICES #1**  
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## EATING WELL ON A BUDGET

• CS#1 NUTRITION •

### Talk about it!

Legumes, such as chickpeas or lentils, are an inexpensive source of fibre and protein. They go well in soups, salads, curries, stirfries, and can replace meat in dishes like spaghetti bolognese.

Having a healthy diet on a budget can seem like a difficult task, but with some planning and practice, families can get the nutrition they need without overspending.

People tend to go over budget by trying to buy both nutritious foods (like milk and vegetables) AND unnecessary, optional foods (like biscuits and ice cream).

Aim to spend most of your money on the foods you need to eat the most of, and the least on foods that are low in nutritional value and should only be eaten occasionally.

# HEALTHY EATING EATING WELL ON A BUDGET • CS#1 NUTRITION •

## Do:

- Plan your week for the meals and snacks you would like to eat; make a shopping list of the ingredients you need.
- Look in your refrigerator, freezer, and cupboards when you are planning meals to see where you can use ingredients that you already have.
- Buy items that you use frequently in bulk.
- Make large meals and freeze leftovers to use when you are busy, instead of buying expensive takeaway.
- Shop the perimeter of the store (where the most nutritious food is normally stocked) and avoid temptation aisles.

## Don't:

- Shop at eye level as these products are often the most expensive; look to the top or bottom of shelves for better prices.
- Serve very large or second helpings at dinner; the second helping could instead be lunch the next day.
- Don't spend too much of your budget on foods that are low in nutritional value.

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