



KEEP YOUR PANTRY HEALTHY

on a budget



Action plan

Plan your meals for the week. Make a grocery list and stick to it. Check what you already have in your fridge and pantry and only buy what you know you will use to avoid wasting food. Include using leftovers in your plan.

Cheaper cuts

Look for less expensive cuts of meat to use in stews, soups and casseroles. Cut off visible fat before cooking. Use legumes like lentils to stretch out meat-based dishes.

Healthy hydration

Skip the aisle of sugary soft drinks and energy drinks and make tap water the drink of choice. It's healthy, hydrating and free.



Go for wholegrains

Brown rice, wholegrain pasta and rolled oats are budget-friendly staples for healthy cooking. Swap white bread for a wholegrain loaf and freeze to extend shelf life.

Eat the rainbow

One of the best ways to stay healthy is to fill up on plenty of fruit and vegetables. The more colourful the mix the better. Frozen or canned vegetables and fruits are good alternatives when fresh produce is hard to buy or too expensive, and they keep for longer. Look for 'no added salt' or 'low salt' canned varieties. Choose fruits canned in juice, not syrup.



Snack smart

Go for a handful of unsalted nuts or a small plate of cut up fruit to curb afternoon cravings.

You could also buy popping corn and make homemade popcorn. Enjoy plain (no added salt or butter) or flavour with other herbs and spices.

Mix it up

Buy more plant-based sources of protein. Tinned or dried beans, lentils and chickpeas are cheaper and are healthy options for your pantry, or try tofu to keep in the fridge. Eggs or canned fish (such as tuna or salmon) are also cheaper and easy to prepare.

