

# Healthy eating on a budget

cook well  
eat well

Try these tips for healthy eating on a budget.

## 1. Check what food you already have



## 2. Make a weekly meal plan



## 3. Make and stick to a shopping list



## 4. Buy seasonal fruits and vegetables



## 5. Choose home brand products



## 6. Buy canned or frozen fruits and vegetables



## 7. Cook at home



Knowing how to chop food safely is an important part of preparing meals. Here are our top tips on how to safely prepare some common foods.

## Onions

Chop both ends off the onion so it lays flat.



## Carrots

Chop them into smaller pieces to make them easier to slice.



## Lettuce

Roll up a bunch of lettuce leaves to cut them all at once.



## Garlic

Crush garlic with the back of a knife to easily peel the skin off.



# How to dice an onion

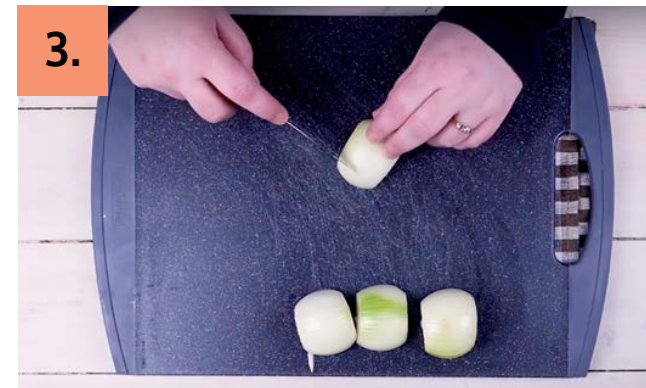
Follow this step by step guide on how to safely dice an onion.



1. Cut the onion in half.



2. Chop both ends off the onion so it lays flat, then peel.



3. Cut the onion vertically.



4. Rotate it and cut in vertically again.



5. Done!

Watch the full video online. [\[Insert link\]](#)

# How to store food correctly

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Knowing how to store your food can help it stay fresh for longer. Here are some top tips on how to store foods in your fridge and pantry.

## Vegetables

Place foods like onion, potato, garlic and ginger in the pantry.

Store vegetables in the crisper at the bottom of your fridge. To prevent wilting, carrots & celery can be stored in water.

To prevent waste, older vegetables can be diced and stored in the freezer in an airtight container to be used later in soups, stews and curries.



## Fruit

Put apples, berries and grapes in the crisper at the bottom of your fridge.

Place fruits like bananas and citrus in a bowl on the table or kitchen bench.

Stone fruits can also be put in the fruit bowl on the table to ripen, then transferred to the fridge.

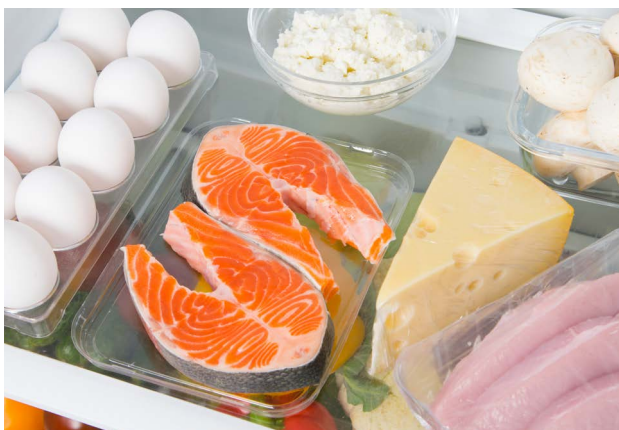
Most fruits can also be stored in the freezer.



## Meat & Dairy

Store meat, dairy and eggs on the bottom shelf.

Put extra meat in the freezer to use later.



## Grains & Canned foods

Place grains like rice and pasta in the cupboard.

Cans can also go in the cupboard in a cool, dry spot.



# Healthy snacking ideas

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Healthy snacks are an important part of a balanced diet and help keep you full in between meals. Try our suggestions for healthy snack swaps!

## Swap potato crisps for air popped popcorn



## Swap chocolate or lollies for fruit and yoghurt



## Swap sugary soft drinks for still or sparkling water

