

## Healthy budget - tucker talk tips

### Summary

- Buy food in bulk to save money.
- Shop at fresh food markets where prices are lower near closing time.
- Buy fruit and vegetables that are in season (these are cheaper).

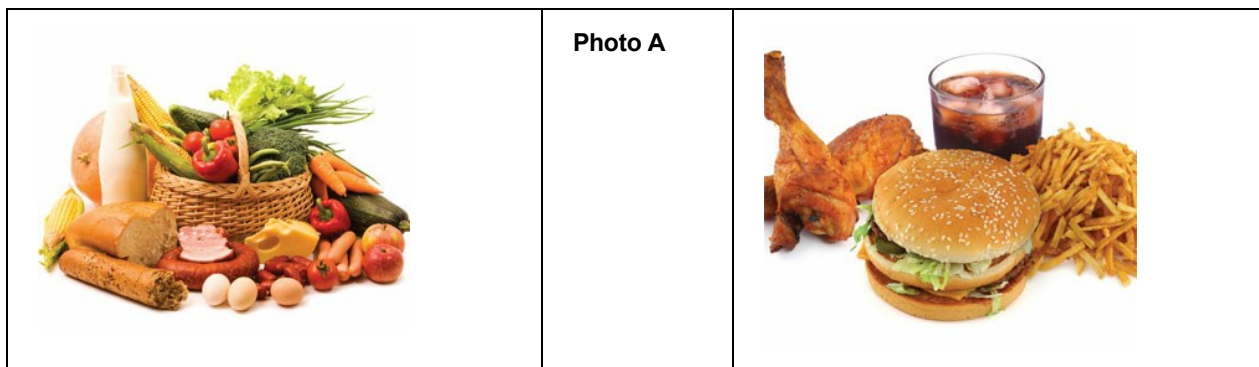
It is easy to eat a healthy diet on a budget. You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and vegies. This way you can feed more people and keep both your wallet and your body healthy.



### Comparing value for money

Some foods are better value for money than others. Compare the two photos below.

The food in **Photo A** is healthier and it would feed more people. The basket contains fresh fruit and vegetables, dairy products and breads and cereals. The food in **Photo B** is not good value for money because it would not feed as many people.



### How to spend your shopping money

Spend your money according to the *Aboriginal and Torres Strait Islander Guide to Healthy Eating*.

For example, if you have \$50 for food, spend:

- \$30 on **eat most** foods
- \$15 on **eat some** foods
- \$5 on **sometimes** foods.

Other ways to save money when buying food includes:

- Buying food in bulk
- Make a shopping list and sticking to it
- Not shopping when you are hungry
- Shopping at fresh food markets – prices are often lower near closing time
- Buying generic or 'no name' brands
- Buying fruit and vegies in season – these are cheaper and tastier
- Buying fruit instead of packaged or high-fat, sugary snacks
- Limiting takeaway foods
- Not buying drinks – stick to tap water, it's free.

### Where to get help

- Your doctor
- Australian Indigenous HealthInfoNet Tel (08) 9370 633
- Dietitians Association of Australia Tel. 1800 812 942

### Things to remember

- You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and vegies.
- Buy food in bulk to save money.
- Shop at fresh food markets where prices are lower near closing time.
- Buy fruit and vegetables that are in season (these are cheaper).

**This page has been produced in consultation with and approved by:**

Department of Health and Human Services - Aboriginal health

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