

make your shopping list go further...

How to eat healthily without spending a fortune.

Mr Sample
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you and your kids can eat healthy food for less than you think!



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...and be healthier too!



We hope you had some fun with the helpful ideas in the action plan we sent you. This time we've sent you tips on how to make healthy meals, but we know sometimes this can seem expensive.

The good news is making healthier meals needn't cost a lot of money. You can still enjoy your favourite meals but it's better to make them with your own ingredients – and cheaper too. Opposite, you'll find lots of handy tips plus a few yummy recipes to try. You'll also see how easy it is to get the kids involved in trips to the supermarket to find healthy – and cheap – food to eat.

There are many more ways to eat healthily, too. For more recipe ideas using your own ingredients, visit www.5aday.nhs.uk We'll also be in touch with lots more info later in the year.

Save money before you go shopping

The secret is to plan, plan, plan! Thinking about meals in advance means you can make ingredients go further during the week. It also helps you remember to use any coupons you've seen advertised or been sent.

Try making a list before you go to the supermarket. If you keep a pen and paper in the kitchen, you can write down what you've used up and need to replace.

That way, you won't end up spending money on things you already have, or wasting any food in the cupboard.



Donna

'On Monday, I check what we've used in the past week and make a list of the things I need to replace.'

Get the kids involved!

Why not involve the kids to help you write your list? It's fun and you can get them to choose some healthy foods you're happy to buy.

Laura

'It's almost like a family trip out for us when we go shopping. I ask the kids to look for healthy food for me.'



When you're in the supermarket, give the kids a job like holding your shopping list. You can even make a game of it and ask them to go and find the healthy food on it so they'll learn about healthy eating along the way.

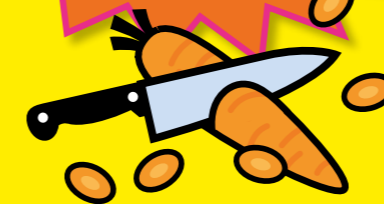
Tell the kids it's important to stick to the list. Go for no added sugar, low salt and low fat where possible and swap unhealthy snacks for fruit, carrot sticks or rice cakes. You'll end up with more money in your pocket as you won't have spent it on things you didn't need.

Save hassle and money

Try not to go shopping when you're in a hurry and your kids are hungry or tired. Instead, make sure they've had something to eat before. A full tummy means they're less likely to put unhealthy snacks in the trolley.



Got leftovers like carrots or pepper? Chop them up into snacks for the kids.



Remove this for a shopping list and 3 tasty recipes to try!

Julie
'If we're in a hurry and the kids are hungry, I'll give them some fruit or unsalted nuts to eat on the way to the supermarket so they're nice and full when we get there.'



Your turn now!

It's so easy! Use this to jot down ideas for your next family shop, then write your list and take it to your supermarket. Stick to your plan and you could save!



Use canned and frozen veg. It lasts longer and can be cheaper.

Put any remaining chopped up veg into a tomato sauce and use it for spag bol.

Getting into these good habits will help too!

There are plenty of things you can do to eat more healthily and save money into the bargain. Here are just a few suggestions.

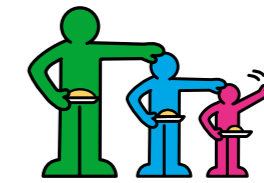
5 A DAY

Fresh, canned, dried and juiced fruit and veg all count. So does frozen. It's cheaper than fresh, is quick to use and lasts a lot longer so you save in the long run.



Me size meals

By serving the right-sized portions to your kids, you'll end up spending less on food.



Cut back fat

Check the fat content of food before you buy it and go for lower fat options wherever possible.



And because active kids are happy kids, remember to get them running about for at least 60 minutes in total during the day.

For more information about Change4Life visit www.nhs.uk/change4life or **0300 123 1018***

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