

TUCKER TALK TIPS

HEALTHY BUDGET

MY MESSAGE TO YOU



HEALTHY EATING ON A BUDGET

- It is easy to eat healthy on a budget
- You can buy a lot 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.

Photo A: Good Value



Photo B: Not Good Value



The food in **Photo A** is healthier and it would feed more people.

HEALTHY BUDGET

HOW TO SPEND YOUR SHOPPING MONEY

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



GREEN: EAT MOST FOODS

Spend most of your money here

BLUE: EAT SOME FOODS

Spend some of your money here

RED: SOMETIMES FOODS

Spend least of your money here

So if you have \$50 for food, spend:

\$30 on **EAT MOST** foods

\$15 on **EAT SOME** foods and

\$5 on **SOMETIMES** foods

OTHER WAYS TO SAVE

- Buy food in bulk.
- Make a shopping list and stick to it.
- Don't shop when you are hungry.
- Shop at fresh food markets – prices are often lower near closing time.
- Buy generic or 'no name' brands.
- Buy fruit and vegies in season. These are cheaper and tastier.
- Buy fruit instead of packaged or high fat, sugary snacks.
- Limit take-away foods.
- Don't buy drinks. Stick to tap water, it's free!