

MONEY-SAVING TIPS FOR HEALTHY FOOD SHOPPING



These simple tips can help you save money and stock your fridge and cupboard with everyday foods for the family.



Look for specials - stock up on healthy favourites when they are on special or discounted. Check for non-brand name varieties, and "imperfect" fruit and vegetables.



Choose in season - fruit and vegetables that are in season are often cheaper. They can be fresher and tastier as well!



Shop smart - write a list or use a phone app to avoid extra spending. Check shelves above and below eye-level for cheaper alternatives. Ask older children to help look for items on the list.



Try tinned or frozen - frozen or tinned fruit and vegetables can be cheaper than fresh and will last longer too! Try fruit in natural juice, frozen berries, or tinned or frozen corn, peas and beans.



Buy in bulk - it is often cheaper to buy larger items and cut or pack into smaller tubs yourself. Consider a block of cheese, tinned fruit in natural juice, reduced fat yoghurt and rice crackers.

For access to food packages and vouchers: <https://askizzy.org.au/food>

If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#) [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEkids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community. We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.