

# Eat well, spend less

Feeding your family doesn't have to be expensive. With a little planning and some low-cost ideas, you can make tasty, healthy meals that everyone loves.

## Plan before you shop:

- Plan your meals for the week.
- Check your pantry and fridge first.
- Shop around to find low-cost options.
- Make a list and buy only what you need.

## Freeze leftovers for quick meals:

- Cook extra and freeze the leftovers to save time and cost.
- Great meals to freeze:
  - Soups.
  - Lasagna.
  - Pasta sauces.
  - Curries.

## Meat can be expensive, so mix it up with these tips:

- Add lentils or beans to meat dishes. More food and nutrition, still tasty.
- Try meat-free meals a few nights a week; like falafel burgers or veggie pasta.
- Keep costs low with protein like eggs, canned fish or chicken.

## Simple family meal wins:

- Enjoy a 'fake-away' night — a taco or burger night, or any family favourite.
- Give leftovers a makeover. Last night's mince can become shepherd's pie, then jacket potatoes.
- Buy in bulk and freeze extras so you always have something ready.

## Save money in the shops:

- Pick home-brand items. They're good quality and low cost.
- Don't shop when hungry.
- Look high and low on the shelves for cheaper choices.
- Buy whole fruit and vegetables, not pre-cut.
- Frozen and canned fruit and vegetables are cheaper, last longer and healthy.
- Buy fruit and vegetables in season. They're cheaper and fresher.

## Low Cost and Free Food Directory

Health Promotion's free tool can help you find support services across south west Sydney. Scan the QR Code for support including free meals, food vouchers and financial help.

