

Eat well, spend less

It is a myth that eating healthily needs to be expensive. This food fact sheet will give you some ideas to help you eat well and spend less.

Ten money saving tips

1. Plan ahead; write a shopping list and avoid shopping on an empty stomach as you will likely buy more
2. Special offers are not always the cheapest option; use unit pricing of products (see unit pricing).
3. Look out for seasonal fruit and vegetables as they are widely available and less expensive
4. Ask members of staff at supermarkets for fresh food reduction times to grab a bargain. Use within date or freeze for later
5. Take a packed lunch to work and avoid those costly lunchtime meal deals
6. Reduce your food waste by eating leftovers for lunch the next day
7. Make a homemade soup from leftover vegetables at the end of the week (see recipe)
8. Try superstore value brands, which often taste just as good for a lower price
9. Reduce your meat portion and add extra pulses (beans lentils chickpeas) to classic dishes for example add baked beans to a shepherd's pie
10. Cook from scratch; avoid those pricey takeaways (see resource list for homemade recipe ideas)

Unit pricing

When deciding which product to purchase, use unit pricing, it shows the price of a food for a specific unit of weight (or volume). It helps you select between products when the product size is different and one product is on 'special offer'. Unit pricing helps you get better value for money.

| | |
|--|---|
| Cornflakes Cereal 790g - £2.50 £0.32/100g | Cornflakes Cereal 1kg - £3.10 £0.31/100g |
| Chicken Breast Portions 650g - £4.00 £6.16/kg | Chicken Breast Portion 300g - £1.89 £6.30/kg |
| Braeburn Apple Loose £2.20/kg | Braeburn Apple 5 pack 670g - £1.60 £2.39/kg |



5-a-day for 50p

This list shows you how to achieve 5 fruit and vegetables a day for 50p. A portion of fruit and vegetables is 80g. A portion of dried fruit is 30g. Supermarkets are starting to sell 'wonky' fruit and vegetables that are cheaper in price but just as nutritious and tasty. Select seasonal fruit and vegetables as they are also cheaper in price.

- Small Banana 15p
- Apple 18p
- Carrots 3p/portion
- Broccoli 11p/portion
- Tinned Peaches 7p/portion
- Tinned Sweetcorn 11p/portion
- Tinned chopped tomatoes 6p/portion
- Tinned Baked Beans 5p/portion
- Frozen Peas 7p/portion
- Frozen Berries 26p/portion
- Sliced Pickled Beetroot 15p/portion
- Raisins 9p/portion

Finding unit pricing on a label...



Meal plan – feed a family of four for £5 a day

This menu offers meal and snack ideas for a family of four to eat for approximately £5 a day. It is colour coded to match the different sections of the eatwell guide. The menu is based on portion sizes given on the packets. The menu incorporates the money saving tips for example using leftover vegetables to make a homemade soup and using value brands. Good value for money protein sources include: baked beans, chickpeas, mixed beans, lentils, quorn mince, milk, yoghurt frozen chicken breast and budget cuts of meat e.g. leg.

| Meal | Weekday Menu | Price | Weekend Menu | Price |
|--------------|---|-------------|--|-----------|
| Breakfast | Value cereals (wheat biscuits or porridge or cornflakes) with milk topped with a 30g portion dried fruit | £1 | Egg or baked beans or cheese on toast with spread | 60p-90p |
| Snack | Banana | 60p | Apple | 70p |
| Lunch | Carrot and humous or tuna and sweetcorn or cheese spread and cucumber sandwich using two slices of bread | £1-£1.50 | Homemade soup (vegetable or tomato or lentil) served with bread | 50p |
| Snack | Malt loaf with spread | 30p | Carrot and cucumber sticks with hummus | 50p |
| Evening Meal | Jacket potato and salad with cottage cheese or baked beans or coleslaw or tinned sardines in tomato sauce | £1.70-£2.50 | Carrot and kidney bean burger with potato wedges and garden peas | £1.60 |
| Pudding | Yoghurt or Fruit salad (using tinned fruit) served with yoghurt or rice pudding or jelly | 40p-£1 | Yoghurt or homemade apple crumble and custard | 40p-£1.40 |

Recipes (serves four)

Homemade Apple Crumble

Ingredients

150g plain wholemeal flour
75g reduced-fat spread, cold, cut into small cubes
75g sugar, plus extra to sprinkle on the fruit
3 cooking apples, peeled, cored and sliced
pinch of cinnamon

Method

- Put flour, sugar and reduced-fat spread into a bowl; rub together using fingers until you have a mixture like breadcrumbs.
- Preheat oven 180°C/gas mark 5. Put the apple into an oven proof dish, and add sugar to taste.
- Sprinkle the crumble topping over the fruit and bake for approximately 30 minutes until golden brown.

Vegetable and Lentil Soup

Ingredients

1 medium diced onion
2 diced garlic gloves
2 tsp cooking oil
400g vegetables (for example potato, carrot, swede, broccoli - seasonal choices, frozen, tinned or leftovers)
1 vegetable stock cube made up with 750ml boiling water
400g tin of lentils (drained)
2 tsp dried ground cumin
½ tsp dried ground coriander

Method

- Fry onion and garlic in the oil in a large saucepan for 5 minutes until soft.
- Add the spices and fry for a further 1 minute, stirring continuously.
- Add the remainder of the ingredients, bring to the boil and then simmer for approximately 20 minutes (time may vary depending on vegetable type e.g. raw or pre-cooked).
- The soup can be served chunky or blended with a pitta bread roll or wrap.

Summary

Making the simple changes in this food fact sheet will help you to save money, eat well and contribute towards a balanced diet and lifestyle. You may find it useful to look over the [Eatwell Guide](#) which aims to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Further information:

Food Fact Sheets on other topics including Healthy Eating are available at www.bda.uk.com/foodfacts



Useful resources:

British Heart Foundation *Healthy Eating on a Budget* www.bhf.org.uk; www.Eat4Cheap.co.uk; www.lovefoodhatewaste.com; and supermarket monthly magazines.

This Food Factsheet is a public service of The British Dietetic Association (BDA) intended for information only. It is not a substitute for proper medical diagnosis or dietary advice given by a dietitian.

If you need to see a dietitian, visit your GP for a referral or: www.freelancedietitians.org for a private dietitian.

To check your dietitian is registered check www.hcpc-uk.org

This Food Fact Sheet and others are available to download free of charge at www.bda.uk.com/foodfacts

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The information sources used to develop this fact sheet are available at www.bda.uk.com/foodfacts

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