



## When shopping

**Buy locally grown vegetables and fruit, if you can.** These are full of fibre, vitamins and minerals and will contribute to your 5 a day.

**Buy tinned or frozen vegetables.** These are great options as they have a long shelf life.

**Buy minimally processed foods,** because refined processed foods are often more expensive, have fewer nutrients and fibre, and are not so filling.

**Buy tinned fish.** Include sardines, pilchards, salmon, mackerel, or tuna. It is generally cheaper than buying fresh and these are a nutritious source of protein.

**Buy a whole chicken.** This usually has more meat and less bone, than buying chicken pieces. You could also use the chicken carcass for making stock.

**Buy cheaper cuts of meat.** Compare meat prices per kilogram. Be mindful that tinned and processed meat including ham, sausages and bacon contain high amounts of saturated (unhealthy) fats and salt.

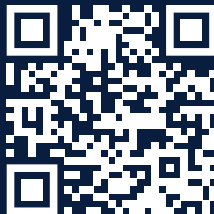
**Shop money smart.** Be mindful that buy one get one free deals are almost never the healthier option. Supermarket own brand products are usually cheaper than branded items.

### Start making Small Changes for Healthier Choices!

- Can you think of one thing you could change this week to shop, cook and eat smarter?
- What may stop you from making this change?
- What may help you to make this change?

For more information, please visit:

[www.healthysomerset.co.uk](http://www.healthysomerset.co.uk)



# Shop and Cook

The smart way





## When at home

Healthier eating on a budget is possible. Just get smart. Buying with a plan can help you make great choices and reduce food waste.

Cook from scratch using fresh ingredients; it is cheaper than eating out/takeaways and better for your health.

Bulk out dishes with beans, lentils, tofu or vegetables. This will improve nutrient content and can save you money.

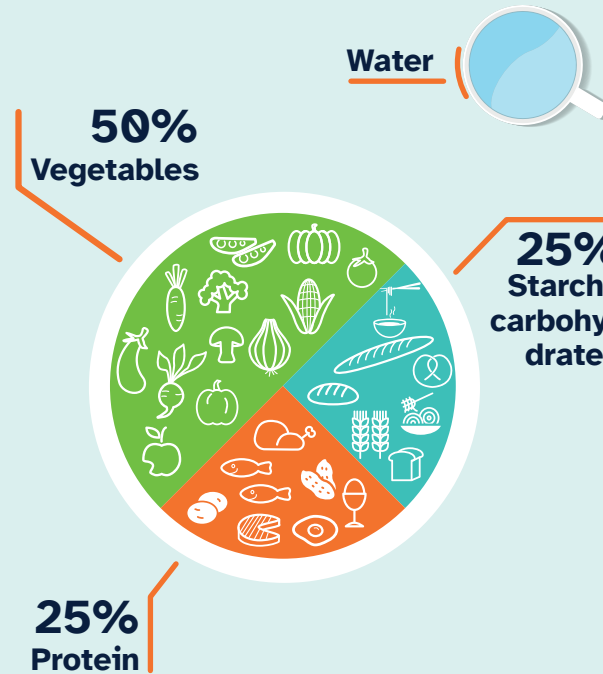
To save time and effort, cook extra portions. It is then ready for the next day or to put in the freezer.

**If vegetables and fruit are getting old, cook and freeze them to use later.**



## Get your balance right

Example of a healthier and balanced plate of food



**Do not let food go to waste. Use wilting or leftover vegetables in soups and stews.**

**Pack a healthier lunchbox for work or school. It is cheaper and beats buying highly processed snacks.**



## Healthier shopping choices

Check what you already have in your cupboards and write a shopping list. Here are some examples.



### Vegetables and fruit

Fresh, tinned or frozen, they all count. Aim for a variety of different colours.



### Starchy carbohydrates

Look for filling potatoes, wholewheat pasta, rice, couscous, barley and quinoa.



### Proteins

Beans, pulses, tofu, eggs, fish, nuts, seeds and lean cuts of meat.



### Dairy and dairy alternatives

Plain milk, natural yogurt and fresh cheeses are great sources of calcium. With dairy alternatives, check the label to ensure fortification with calcium, iodine and vitamin D.



### Healthy fats to keep in mind

Avocado, salmon, olive or rapeseed oil, nuts, peanut butter and various seeds all help with variety.



### Herbs and spices

Fresh or dried add flavour and nutrition to your meals. Stock up on cumin, curry powder, cinnamon and oregano.