

Eat well, spend less

It is getting more expensive to live in the UK making it difficult to eat healthily. 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 impulse purchases.
2. Cut food waste by eating leftovers from your evening meal for lunch or freezing for the following week.
3. Look out for weekly fruit and vegetable deals at superstores, markets and local shops.
4. Cut your meat – swap for pulses (beans, lentils and peas) and vegetables for example when making spaghetti Bolognese, replace the mince with tinned chickpeas, lentils or kidney beans and add frozen vegetables.
5. Use leftover vegetables from your evening meal to make soup for lunch the next day – simply pop in a pan with a stock-cube, cover with water and cook on a low heat for 10 minutes, then blend or eat it chunky with some wholemeal or seeded bread.
6. Try superstore value brands, which often taste just as good for a lower price.
7. Try tinned or frozen fruit and vegetables – buy fruit in natural juices/water instead of in syrup when you can, to avoid extra calories from the added sugar.
8. Rely less upon 'ready' or manufactured food like takeaways or processed meats and cook from scratch. Look at the resource list (*turn over*) for where to find easy, healthy low-cost recipes.
9. Ask members of staff at local supermarkets for fresh food reduction times to grab a bargain. Use within date or freeze for later.
10. Buy some dried herbs and spices, for example chilli powder, paprika and mixed Italian herbs – they are not expensive and they add great flavour to simple homemade dishes.

5-a-day for 50p

Look out for seasonal fruit and vegetables like strawberries in the summer or root vegetables (parsnips, beetroot or swede) in winter as they are widely available and less expensive when in season. When comparing prices of packaged and loose fruit and vegetables use unit pricing as it shows the price of a food for a specific unit of weight (or volume).



For example bananas cost 68p/kg. Unit pricing also helps you to compare the cost of one portion of fruit or vegetable to another. For example:

1. Fresh carrots approximately 5p per 80g portion (unit price 59p/kg).
2. Tinned garden peas approximately 5p per 80g portion (unit price 21p/300g tin).
3. Frozen broccoli florets approximately 10p per 80g portion (unit price £1/907g bag).
4. Small banana approximately 10p per 80g portion (unit price 68p/kg).
5. Frozen fruit salad approximately 20p per 80g portion (unit price 90p/450g bag).

(One portion of fruit or vegetable is 80g. The above prices may vary from shop to shop and over time.)

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

1. Put flour, sugar and reduced-fat spread into a bowl; rub together using fingers until you have a mixture like breadcrumbs.
2. Preheat oven 180°C/gas mark 5. Put the apple into an oven proof dish, and add sugar to taste.
3. 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

1. Fry onion and garlic in the oil in a large saucepan for 5 minutes until soft.
2. Add the spices and fry for a further 1 minute, stirring continuously.
3. 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).
4. The soup can be served chunky or blended with a pitta bread roll or wrap.

Menu overleaf

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 (£1.25 per person) and is colour coded to match the different sections of the eatwell plate.

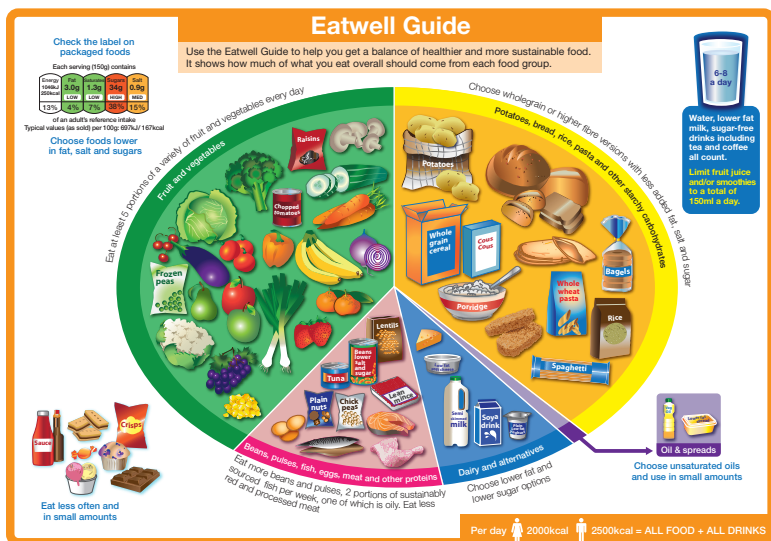
The menu is based on portion sizes given on the packets. It is important to follow these portion sizes as they prevent you eating extra food, helping you stay a healthy weight and save money. The menu has money saving tips, for example using supermarket value brands, soup made from leftover vegetables, and cooking simple low-cost meals from scratch.

It is only a two-day menu plan, it is important to eat a variety of different foods, have a couple of meat free days in a week and not rely upon processed foods – cooking from scratch is the best way. We have provided two recipe ideas for you to try at home (*overleaf*), they are quick and easy to make and are mentioned in the meal plan.

Key	
Green	fruit and vegetables
Yellow	potatoes, bread, rice, pasta and other starchy carbohydrates
Blue	dairy and alternatives
Pink	beans, pulses, fish, eggs, meat and other proteins
Purple	oils and spreads and other foods and drink high in fat and/or sugar

Meal	Weekday Menu	Price	Weekend Menu	Price
Breakfast	Value cereals – wheat biscuits/ porridge/cornflakes with skimmed milk	40p	Egg (poached scrambled or boiled) or baked beans or cheese on toast with butter	60p
Snack	Banana	40p	Apple	80p
Lunch	Falafel and houmous/tuna and sweetcorn or cheese spread and cucumber sandwich with two slices of 50/50, wholemeal or granary bread	80p	Homemade vegetable and lentil/tomato and herb/pea soup with pitta/slice of bread	£1
Snack	Carrot and cucumber sticks with houmous	50p	Malt loaf with spread	30p
Evening Meal	Jacket potato and salad with cottage cheese or baked beans or tinned sardines in tomato sauce or coleslaw	£1.90	Tuna/sardine/cheese and tomato pasta bake with frozen broccoli florets and tinned garden peas	£1.30
pudding	Fruit salad using tinned fruit with low fat yoghurt/rice pudding or jelly	£1	Homemade apple crumble or fruit yoghurt	£1

The eatwell guide (below) is a handy guide to show you how much you should eat from each food group for a healthy balanced diet.



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.

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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