



Making Healthy Eating Affordable

Guide

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Introduction

The cost of living seems to be rising at an alarming rate and it may seem like maintaining a healthy diet is something more reserved for those with ample financial resources. However, we believe that prioritising healthy eating is essential; after all, our health is our wealth. The truth is that nutritious eating can be enjoyed by everyone, regardless of income level, if you are smart about it. Yes, certain food choices may come with a higher price tag, but if you implement strategic approaches to shopping, cooking and meal planning it can help to mitigate the financial burden.



Budget Friendly Ingredients

Here is a list of items that are inexpensive, versatile, healthy and long-lasting which you can use in a variety of dishes.



Rice is one of the cheapest staples out there, and it can be used in so many different cuisines and dishes so it is super versatile.



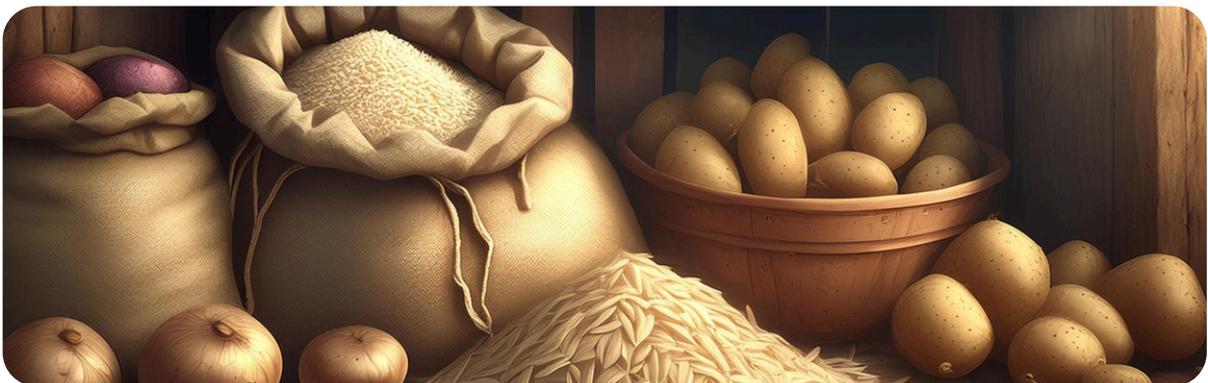
Beans are a relatively cheap protein source for vegetarians/vegans. They can be used in dishes such as salads, curries, pastas, soups etc.



Potatoes have a relatively long shelf life so you can buy in bulk and store them in a cool and dark place for weeks. They are super versatile and can be used in mashes, curries, stews, soups, roasted etc.



Oats are the perfect budget friendly breakfast, and also a very filling one at that.





Budget Friendly Ingredients



Pasta – Pasta dishes are often the cheapest, easiest and fastest dishes to prepare.



Popcorn kernels – Stove popping your own popcorn for a healthy low calorie snack.



Frozen veggies & fruit – Often more affordable than fresh and be used in smoothies, desserts, yoghurt bowls, stir-fries and lunches. They also retain most of their nutrients and can last for months in the freezer.



Canned tomatoes – A pantry staple you can add to sauces, soups, pastas and stews. They are inexpensive, have a long shelf life, and are rich in vitamins and antioxidants.





Plan Your Meals and Shop With a List

Plan your meals ahead of time so you know exactly what foods to buy and how much of them. When you are preparing your weekly menu, pay attention to what is cheap right now as it will usually mean it's in season or on special, and plan your meals around those main food sources. Then, create a shopping list to ensure you only buy and take home what you need. Separate your list into sections such as fruit/vegetables and perishable items so you know exactly what you need and from where which will reduce time spent wandering around the supermarket.

Once you've created your shopping list, cross-check it with the foods that you already have in the kitchen, so that you don't buy extra perishable foods that will go to waste.





Take Your Time Comparing Products

Stop shopping on autopilot and take the time to compare prices, see what's on special, swap for fresh or frozen or swap brands.





Spend Most Of Your Money on the 5 Food Groups

When planning your grocery budget, prioritise spending on the five food groups recommended for a balanced diet:



Vegetables & legumes/beans



Fruit



Grains



Lean Meats and Poultry



Milk, Yogurt and Cheese



Buy Wholefoods

Some foods are more affordable in less processed forms. For instance, canned beans are typically cheaper than refried beans, and wholegrains like oats or brown rice are more economical options compared to most processed cereals or flavoured microwave rice. When shopping, consider if all of the processed snacks are necessary and opt for simpler, wholefoods where possible.

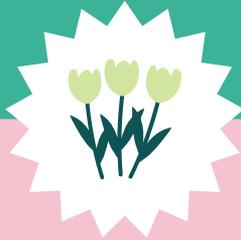
Another incentive to buy wholefoods is that most 'basic' foods are GST-Free. These include breads, oils for cooking, milk, cheese, eggs, meat, fruits, vegetables, fish, soup, honey, rice and breakfast cereals.





Stick to Seasonal Produce

Buying seasonal produce will make your purchase of fruits and vegetables more cost effective. Seasonal produce is cheaper because it's in high supply and as a bonus also tastes better because they are often harvested, shipped and sold more quickly. Familiarise yourself with what is in season and plan your meals from there.



Seasonal Produce – Spring

Fruit

Banana
Cherry
Grape
Lemon
Mandarin
Orange
Pineapple
Stone Fruit
Strawberries

Vegetables

Artichoke	Mushroom
Asian Veg	Parsley
Broccoli	Potato
Cabbage	Radish
Carrots	Rhubarb
Cauliflower	Spinach
Celery	Sweet Potato
Chinese Cabbage	Spinach
Cucumber	Tomato
Leek	Zucchini
Lettuce	



Seasonal Produce – Summer

Fruit

Apricot
Berries
Banana
Grape
Melon
Stone Fruit
Strawberries

Vegetables

Asian Veg	Eggplant
Beans	Lettuce
Beetroot	Mushroom
Cabbage	Pumpkin
Capsicum	Radish
Celery	Squash
Chili	Sweet Corn
Cucumber	



Seasonal Produce – Autumn

Fruit

Apple
Berries
Banana
Kiwifruit
Grape
Pears
Pineapple
Strawberries

Vegetables

Asian Veg	Okra
Beans	Parsley
Broccoli	Parsnip
Cabbage	Onion
Capsicum	Pumpkin
Cauliflower	Radish
Chili	Rhubarb
Chinese Cabbage	Sweet Potato
Lettuce	Mushroom



Seasonal Produce – Winter

Fruit

Banana
Lemon
Mandarin
Orange
Tangelos

Vegetables

Asian Veg	Parsley
Broccoli	Parsnip
Cabbage	Radish
Cauliflower	Potato
Chinese Cabbage	Sweet Potato
Lebanese Cucumber	Spinach
Leek	Turnip
Lettuce	Rhubarb





Opt For Frozen Food Items

Another simple way to save money is opting for frozen fruit and vegetables. Frozen fruits like berries, mango, banana and pineapple or vegetables like broccoli, beans, cauliflower not only last much longer frozen but also help to cut down on food waste. Many of these come in reusable packaging so you can use a small amount, seal and store for later. There is a misconception that frozen fruits and vegetables lose their nutrients, but they are often more nutritious than the fresh items found on the shelves of major supermarkets. This is because they are harvested and snap-frozen at their peak ripeness and freshness, locking in the nutrients. Most produce in large supermarkets are picked, shipped and stored for a while, leading to nutrient degradation over time if they are left on the shelves for too long.

Some Examples Are Below:



Fresh Raspberries
\$32.00 / 1kg



Frozen Raspberries
\$14.00 / 1kg



Fresh Blueberries
\$68.00 / 1kg



Frozen Blueberries
\$12.40 / 1kg



Fresh Green Beans
\$6.90 / 1kg



Frozen Green Beans
\$5.60 / 1kg

TIP!

Just because something is frozen, doesn't necessarily mean it is cheaper. Regularly compare the prices because if a fruit or vegetable is in season and well in stock, it can be cheaper than the frozen variety.



Opt for Canned Items

You can also look at swapping some of your fresh food items for canned alternatives, such as canned diced tomatoes. It's worth noting that these canned varieties are often cheaper than frozen and can last a lot longer. When opting for the canned options, an important tip is to read the label and choose products packed in water rather than syrup, and check for added sugars or salt.





Buying in Bulk or 'Value Packs'

Buying in bulk or in larger 'value pack' quantities can often be cheaper than buying per unit, especially when you look out for sales and special deals and buy in bulk then. Look for staple and non-perishable items such as rice, dried beans & lentils, frozen berries, frozen veg, oats, dried fruits, nuts and dried pasta which are not only affordable but also versatile and nutritious. It's best to avoid purchasing perishable foods like fresh fruits & vegetables and eggs in bulk as they have a shorter shelf life and may spoil before you can consume them.

Some Examples Are Below:



Weet-Bix
375g
\$0.93 / 100g



Weet-Bix 1.2kg
Value Pack
\$0.50 / 100g



Almonds 225g
Pack
\$26.67 / 1kg



Almonds 750g
Pack
\$13.20 / 1kg



Microwave
Rice 250g
Pack
\$1.40 / 1kg



Microwave
Rice 450g
Pack
\$0.89 / 1kg



Compare the Price per kg or per 100g When You Shop

When comparing the cost-effectiveness of different food items, it's helpful to use the price per gram or price per kilogram as a reference. This tool is particularly useful for comparing various produce items such as meat, seafood, fruits, and vegetables. For instance, you can compare the price of chicken breast or salmon from the deli versus pre-packaged options or a bag of tomatoes versus single tomatoes. It also aids in comparing individual items versus bulk purchases or determining if an individual item on sale is more economical than buying the larger value pack.





Avoid the Pre-cut Fruit & Veg

While pre-cut fruits and vegetables offer convenience, they often come with a higher price per 100g or per kilogram compared to purchasing the whole fruit or vegetable. If you are really looking to save money but still appreciate the convenience of sliced produce, avoid purchasing the pre-cut pineapple pieces, diced pumpkin or sliced mushrooms. Instead, opt for the whole items and cut and package them yourself as part of your meal prep routine.

Some Examples Are Below:



Pumpkin Cubes
\$10.00 / 1kg



Pumpkin
\$3.50 / 1kg



Sliced Mushroom
\$20.00 / 1kg



Mushroom Cups Loose
\$12.50 / 1kg



Carrot Sticks
\$11.00 / 1kg



Fresh Carrots
\$2.50 / 1kg



Buying Store Brands

We love store brought brands, and sometimes they are better than the branded ones!

Most supermarkets offer their own generic brands of common foods like frozen food, rice, pasta, cereals, eggs and oils which are typically more affordable than the branded items. For most basic single-ingredient foods, the products are often identical but come without the fancy packaging, providing a more budget friendly option. Food manufacturers adhere to strict standards to ensure safety and quality, so you can trust that generic brands maintain a certain level of quality. However, it's still a good idea to read the ingredients lists and nutritional information to be sure that they are essentially the same or have minimal differences in terms of ingredients, additives and nutritional value. If you or your family can't compromise on some of the branded items, keep an eye out for when they are on special.



Check out our Brand Comparison Table on page 32!





Aldi Dupes

Aldi have some great dupes of some of the big name branded products which are almost always cheaper than the branded version. You can use these swaps to save a few dollars here and there.



Yopro Danone High Protein Yoghurt No Added Sugar Vanilla 160g

CALORIES: 91 CAL
p: 15.2g c: 6.1g f: 0.5g



Yoguri High Protein Cup Vanilla 160g

CALORIES: 91 CAL
p: 15.2g c: 6.1g f: 0.5g



Mayver's Crunchy Peanut Butter 375g

CALORIES: 116 CAL (20G SERVING)
p: 5g c: 2.7g f: 9.8g



Oh So Natural Wholefoods Crunchy Peanut Butter 375g

CALORIES: 115 CAL (20G SERVING)
p: 5.2g c: 1.8g f: 9.4g



Aldi Dupes



Pureharvest Almond Milk Unsweetened 1L

CALORIES: 72CAL (250ML)

p: 1.6g c: 6.5g f: 4.4g



Inner Goodness Unsweetened Almond Milk Organic 1L

CALORIES: 43 CAL (250ML)

p: 1.5g c: 0.5g f: 3.8g



John West Chunky Tuna Tempter In Olive Oil 95g

CALORIES: 141CAL (95G)

p: 18g c: 0.7g f: 7.7g



Portview Tuna Chunks 185g

CALORIES: 215 CAL (185G)

p: 30g c: 1g f: 9.8g



Birds Eye Stir Fry Oriental 850g

CALORIES: 32CAL (95G)

p: 1.4g c: 5.1g f: 0.2g



Market Fare Frozen Stir Fry Vegetables 850g

CALORIES: 29 CAL (100G)

p: 1.6g c: 4.4g f: 0.1g



Buy the Imperfect Fruit

Some supermarkets have introduced the offer of imperfect fruit and veg such as the Coles 'I'mPerfect' range. Not only will they be more cost efficient, you are also helping to reduce food waste.



Shop at Farmers' Markets, Fruit Barns and Local Discount Grocers

Support local and save money shopping at farmers' markets, where you can find fresh produce directly from the farmers at generally cheaper prices. These markets operate regularly within communities, providing a convenient venue for purchasing farm-origin and specialty foods. Additionally, you can purchase affordable, in-season produce from local fruit barns or discount grocers, which source their products directly from local produce markets. These independent, community-based businesses offer a swift response to market deals due to the short and direct supply chain and also guarantee freshness as they are sourced daily. Stay informed about savings through their online platforms. To locate your nearest farmers' market, visit the 'Australian Farmers' Markets Association' directory, and for local retailers or wholesalers, explore the 'A Better Choice!' program's directory of over 800 independent suppliers across Australia.

<https://farmersmarkets.org.au/find-a-market/>
<https://www.abetterchoice.com.au/store-locator/>



Fruit & Veg Boxes

There are a number of companies that deliver fresh seasonal produce from the local farms straight to your door. With customisable options for frequency and box size, you can curate a delivery that fits your budgets and needs and ensures that you will use everything without overspending.



Freezing Your Produce

By freezing leftovers or excess ingredients, you can minimise food waste and maximise the value of your groceries. This method allows you to take advantage of bulk purchases and good deals without worrying about items spoiling, while preserving the nutritional value of ingredients and ensuring access to nutritious meals on a tight budget. For protein sources, buying meat in bulk is cost-effective, but freezing large quantities can be impractical. To make the most of your purchase and reduce the risk of spoilage, divide the meat into individual portions before freezing. This way, you can easily thaw out and cook portions of salmon, chicken and other meats for convenient single serving lunches or dinners.



Short on time?

Do an Online Click and Collect

Combining shopping at budget-friendly stores like Aldi or farmers' markets with utilising click and collect services at larger supermarkets such as Coles can make healthy eating more affordable. By taking advantage of the lower prices for staple items and then using Coles' online platform to collect additional groceries, you can access a wider variety of healthy foods without breaking the bank. This strategy allows individuals to benefit from the affordability of discount stores while still taking advantage of the convenience and selection offered by larger supermarkets. It will save you time as you won't have to walk through numerous grocery stores, and the click and collect aspect means that you won't be tempted to buy other foods when browsing the store.





Supermarket Loyalty Programs

Most supermarket chains offer loyalty and rewards programs that allow you to accumulate points as you shop and receive discounts later on. Points can be earned from shopping at that supermarket chain but also from their partners, so always remember to scan your card. As an example, Coles Flybuys members can earn points shopping at Coles, Bunnings or Kmart (plus many more stores) and then receive \$10 off their grocery shop for every 2,000 points they can accumulate.



Weekly specials

Large supermarket chains and even smaller independent grocers will advertise their weekly specials online, on television, and via physical brochures at the store with great discounts such as 50% off or 2 for the price of \$ ____. It is a great idea to browse through the weekly specials online ahead of your grocery shopping trip so you can plan your meals for the upcoming week accordingly.

Most grocery stores including Coles, Woolworths, IGA, Foodworks, Drakes and Aldi run their weekly specials from Wednesday to Tuesday, and you can generally get a preview of the specials in advance on Tuesday



Create Family-Friendly Meal Challenges

Host a family-friendly cooking competition where family members, in pairs or individually depending on age, must create meals for under \$20. By involving the whole family in meal planning and budgeting, you not only promote healthier eating habits but also teach valuable skills in budget management and cooking. These challenges can be a fun way to bond as a family and empower you to make informed choices about your food while demonstrating that healthy eating can be fun, delicious, and affordable.





Schedule in a Leftovers Night

Schedule in one night a week to enjoy basic meals made with leftovers. According to research by Fight Food Waste, simply eating leftovers one night a week, storing food correctly and using food already in the fridge can save households up to \$2,500 a year.

Some good leftover meals include:



Fried rice: Utilize leftover cooked rice, vegetables, protein, and eggs, flavored with soy sauce.



Scrambled Eggs: Incorporate leftover vegetables such as bell peppers, onions, mushrooms, and spinach into scrambled eggs.



Stir-fry: Combine leftover vegetables, protein (chicken, tofu, prawns), and cooked rice. Add soy sauce for flavour.



Soup or stew: Mix leftover vegetables, cooked grains, protein, and potatoes with stock, seasonings, and optional diced tomatoes or canned beans.



Schedule in a Leftovers Night



Wrap or toasted sandwich: Use leftover grilled or roasted meats, beans, rice, vegetables, cheese, and avocado as fillings on a tortilla or bread.



Salad: Combine leftover chicken, steak, or tofu with leftover salad ingredients, vegetables, nuts, and cheese. Top with balsamic vinegar.



Pasta Salad: Toss leftover cooked pasta with cooked protein, vegetables, canned beans, and a vinaigrette dressing.



Leftover grain bowl: Use leftover cooked grains as the base, topped with leftover vegetables, cooked beans, avocado, and your choice of dressing.

These meals not only help reduce food waste but also offer a budget-friendly way to save money.



Family Meal Ideas Under \$10

Vegan Fried Rice

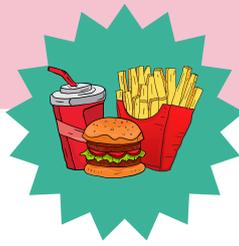
- 200g Coles Uncooked White Rice (\$0.36)
- 400g Coles Frozen Carrots, Corn & Peas (\$1.80)
- 40ml Lee Kum Kee Salt Reduced Soy Sauce (\$0.85)
- 300g Coles Nature's Kitchen Firm Tofu (\$2.30)
- 20g Coles Minced Garlic (\$0.10)
- 125g Brown Onion (\$0.49)



Chicken Fried Rice

- 200g Coles Uncooked White Rice (\$0.36)
- 400g Coles Frozen Carrots, Corn & Peas (\$1.80)
- 40ml Lee Kum Kee Salt Reduced Soy Sauce (\$0.85)
- 500g Coles Deli Chicken Breast (\$5.50)
- 20g Coles Minced Garlic (\$0.10)
- 125g Brown Onion (\$0.49)





Family Meal Ideas under \$15

Apricot Chicken

- 600g Chicken Thigh (\$8.10)
- 1 Pack French Onion Soup Mix (\$0.55)
- 60g Plain White Flour (\$0.10)
- 400ml Apricot Nectar (\$2.00)
- 200g Coles Uncooked White Rice (\$0.36)
- 400g Coles Frozen Carrots, Corn & Peas (\$1.80)



Vegan Burrito Bowl

- 200g Coles Uncooked White Rice (\$0.36)
- 150g Wellness Road Textured Vegetable Protein (\$2.07)
- 420g Coles Black Beans (\$1.00)
- 40g Coles Mexican Seasoning Mix Mild (\$1.45)
- 125g Red Onion (\$0.56)
- 300g Field Tomatoes (\$2.97)
- 1 Iceberg Lettuce (\$3.70)
- 1 Hass Avocado (\$1.50)
- 1 Lemon (\$1.20)





Family Meals Ideas Under \$15

Vegetarian Pesto Gnocchi

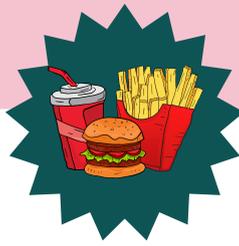
- 500g Coles Gnocchi (\$2.50)
- 500g Roasted Kent Pumpkin (\$1.75)
- 125g Brown Onion (\$0.49)
- 20g Coles Minced Garlic (\$0.10)
- 180 Coles Natures Kitchen Basil Pesto (\$3.00)
- 250g Cherry Tomatoes (\$3.50)
- 80g Coles Cheese Shredded Tasty Light (\$1.09)



Yellow Thai Curry

- 200g Coles Uncooked White Rice (\$0.36)
- 500g Coles Deli Chicken Breast (\$5.50)
- 400g Coles Stir Fry Vegetables (\$2.72)
- 125g Brown Onion (\$0.49)
- 30g Ayam Thai Yellow Curry Paste (\$0.65)
- 400ml Coles Light Coconut Cream (\$1.10)





Family Meal Ideas Under \$15

Tuna Pasta Bake

- 500g Coles Penne Pasta (\$0.90)
- 250g Cherry Tomatoes (\$3.50)
- 425g Can Coles Tuna in Olive Oil (\$4.50)
- 400g Coles Frozen Carrots, Corn & Peas (\$1.80)
- 125g Red Onion (\$0.56)
- 1 Lemon (\$1.20)
- 100g Fat Free Mayo (\$0.81)
- 80g Coles Cheese Shredded Tasty Light (\$1.09)



TOTAL
\$14.36

Spaghetti Bolognese

- 500g Lean Beef Mince (\$9.00)
- 1 Jar Coles Simply Classic Tomato Pasta Sauce (\$2.10)
- 300g Coles Pasta (\$0.54)
- 1 x Carrot approx 170g (\$0.42)
- 1 x Zucchini approx 200g (\$1.18)



TOTAL
\$13.24



Brand Comparison Table For Common Food Items

Product	Brand	Coles	Woolworths	Aldi
Milk Full Cream	2L Dairy Farmers \$4.50 \$2.25 / 1L	2L Milk - \$3.10 \$1.55 / 1L	2L Milk - \$3.10 \$1.55 / 1L	2L Milk - \$3.09 \$1.55 / 1L
Milk Lite	2L Dairy Farmers \$4.50 \$2.25 / 1L	2L Milk - \$3.10 \$1.55 / 1L	2L Milk - \$3.10 \$1.55 / 1L	2L Milk - \$3.09 \$1.55 / 1L
XL Eggs	700g (12 eggs) Sunny Queen - \$7.20 \$1.03 / 100g	700g (12 eggs) - \$5.60 \$0.80 / 100g	700g (12 eggs) - \$5.60 \$0.80 / 100g	700g (12 eggs) - \$5.19 \$0.74 / 100g
Grated Cheese	500g Bega \$10.50 \$21.00 / 1kg	700g Cheese - \$9.50 \$13.57 / 1kg	500g Cheese - \$7.70 \$15.40 / 1kg	Westcare Dairy - \$9.49 \$13.45 / 1kg
Bread	700g Wonder White - \$4.40 \$0.63 / 100g	650g Loaf - \$2.40 \$0.37 / 100g	700g Loaf - \$2.40 \$0.34 / 100g	700g Loaf - \$2.29 \$0.32 / 100g
Oats	1kg Uncle Toby's \$6.50 \$0.65 / 100g	900g Oats \$1.90 \$0.21 / 100g	750g Oats \$1.60 \$0.21 / 100g	750g Goldenvale Oats - \$1.35 \$0.18 / 100g
Weet Bix	1.2kg Sanitarium \$6.00 \$0.50 per 100g	1.12kg Wheat Biscuits - \$4.60 \$0.41 / 100g	1.12kg Wheat Biscuits - \$4.60 \$0.41 / 100g	1.12kg Wheat Biscuits - \$4.49 \$0.40 / 100g
Pasta Spaghetti	500g San Remo \$2.95 \$0.59 / 100g	500g Spaghetti - \$0.90 \$0.18 / 100g	500g Spaghetti - \$1.00 \$0.20 per 100g	500g Remano Spaghetti \$0.18 / 100g
Brown Rice (Uncooked)	1kg Brown Rice - \$4.50 \$0.45 / 100g	1kg Brown Rice - \$2.50 \$0.25 / 100g	1kg Brown Rice - \$2.50 \$0.25 / 100g	1kg Brown Rice - \$2.49 \$0.25 / 100g
Brown Rice - Microwave	250g Sunrice - \$3.50 \$1.40 / 100g	250g Pouch - \$1.75 \$0.70 / 100g	250g Pouch - \$1.75 \$0.70 / 100g	250g Pouch - \$1.69 \$0.68 / 100g
Natural Almonds	450g Sunbeam Almonds - \$12.00 \$26.67 / 1kg	400g Almonds - \$7.00 \$17.50 / 1kg	400g Almonds - \$7.00 \$17.50 / 1kg	750g Almonds - \$8.99 \$11.99 / 1kg

Note that Fruit, Veg & Meat has not been included due to seasonal produce changes.

*Prices as at 29.05.24. Prices are subject to change, this is intended as a general guide only.



Brand Comparison Table For Common Food Items

Product	Brand	Coles	Woolworths	Aldi
Extra Virgin Olive Oil	Moro Primero \$25.00 \$2.50 / 100ml	1L Oil - \$17.00 \$1.70 / 100ml	1L Oil - \$17.00 \$1.70 / 100ml	750ml Remano - \$12.29 \$1.64 / 100ml
Tuna in oil	95g Tin Sirena - \$2.95 \$31.05 / 1kg	95g Tin - \$1.10 \$11.58 / 1kg	95g Tin - \$1.10 \$11.58 / 1kg	95g Tin Ocean Rise - \$1.29 \$13.58 / 1kg
High Protein Greek Yoghurt	900g Chobani - \$7.90 \$0.87 / 100g	900g Tub - \$6.00 \$0.67 / 100g	900g Tub - \$6.00 \$0.67 / 100g	900g Yoguri - \$5.49 \$0.61 / 100g
Peanut Butter	470g Bega - \$6.40 \$1.36 / 100g	500g Jar - \$4.60 \$0.92 / 100g	500g Jar - \$3.60 \$0.72 / 100g	500g Jar - \$3.39 \$0.68 / 100g
Thin Rice Cakes	150g Sunrice \$2.20 \$1.47 per 100g	150g Packet - \$1.65 \$1.10 per 100g	150g Packet - \$1.65 \$1.10 per 100g	150g Packet - \$1.49 \$0.99 per 100g
Butter	Western Star - \$5.20 \$2.08 / 100g	250g Block - \$4.30 \$1.72 / 100g	250g Block - \$3.70 \$1.48 / 100g	250g Block - \$3.69 \$1.48 / 100g
White Long Grain Rice (Uncooked)	2kg Sunrice White Rice - \$4.00 \$0.20 / 100g	2kg White Rice - \$3.60 \$0.18 / 100g	1kg White Rice - \$1.80 \$0.18 / 100g	2kg White Rice - \$3.59 \$0.18 / 100g
Frozen Blueberries	300g Creative Gourmet - \$5.65 \$18.83 / 1kg	500g Pack - \$6.20 \$12.40 / 1kg	500g Pack - \$6.20 \$12.40 / 1kg	500g Pack - \$5.69 \$11.38 / 1kg
Frozen Peas, Carrot, Corn	500g McCain - \$4.00 \$8.00 / 1kg	1kg Pack - \$4.50 \$4.50 / 1kg	1kg Pack - \$4.50 \$4.50 / 1kg	1kg Market Fare - \$4.19 \$4.19 / 1kg
Unsweetened Almond Milk	1L So Good \$2.90 \$2.90 per 1L	1L Milk - \$2.00 \$2.00 / 1L	1L Milk - \$2.00 \$2.00 / 1L	1L Inner Goodness - \$1.89 \$1.89 / 1L

Note that Fruit, Veg & Meat has not been included due to seasonal produce changes.

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Conclusion

Healthy eating is achievable for everyone with the right strategies. By prioritising cost-effective shopping, meal planning, and mindful consumption, you can enjoy nutritious meals without overspending. Utilising tactics such as comparing prices, buying in bulk, and choosing seasonal produce can significantly reduce your grocery bill. With careful planning and smart shopping, maintaining a healthy diet can be both affordable and accessible.





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Disclaimer

The prices and nutritional information included in this guide were accurate at the time of writing and were sourced from both online and in-store retailers. However, as prices are subject to change, it is advisable for consumers to verify current prices with the respective retailers. Similarly, nutritional information may vary over time due to factors such as product reformulations or updated packaging, so consumers are encouraged to check with retailers for the most up-to-date details.

