



Healthy eating on a budget

Compiled by the UFS

Includes a
monthly
grocery
list for
R1 965



Have you ever stood in the aisle of a store and wondered how your allowance will stretch to enough food for the month?

Here you will find tips and tricks to help you eat healthily on a budget.

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Before going to the shops



Make a budget

Keep track of all your money.

Calculate net income.

List all expenses, fixed and variable.

Determine the average monthly costs of all expenses.

Adjust where needed.

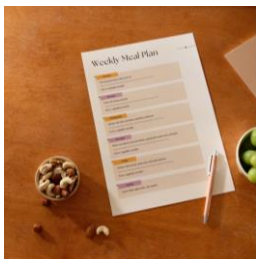


Prepare your own lunch

Packing your own lunch is cheaper and healthier.

You can prepare lunch at night or in the morning.

Lunch doesn't have to be fancy. Leftovers make good lunch boxes.



Plan your meals

This helps to limit takeouts and impulsive shopping.

Plan meals to have similar ingredients.



Eat before you go shopping

This prevents impulsive buys.

At the store



Use reward programmes

Shop for rewards programme-specific specials.



Use smaller trollies

This will help you stick to a budget.



Shop alone

Friends might influence you to buy things you don't need.



Look high and low

Sometimes, the most expensive products are placed at eye level.

Don't be afraid to buy house brands. Often, it is the same companies that manufacture these products, and the only difference is the packaging.



Don't fall for every "Special offer"

Some deals are too good to be true.

Remember, you don't need all the things on special.



Buy in bulk and share with a friend

Buying in bulk is less expensive. Sometimes it happens that we don't have enough storage space or money, or the food will go bad if we buy in bulk.

So buy in bulk and share the cost and food with a friend.


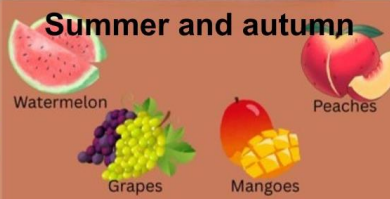





Try this grocery list


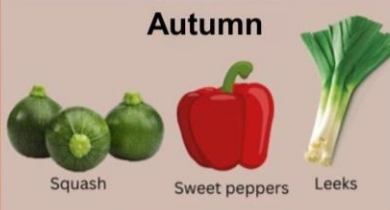




Buy once a month (R625)	Buy every week (R335)
1 kg sugar	1 loaf of low-GI brown bread
1 jar of coffee or box of tea	5 to 6 fruits (same type, switching weekly)
500 g salt and 50 g pepper	1 type of fresh vegetable
2 x 500 g pasta	1 type of frozen vegetable
1 kg rice	500 g lean mince
1 kg mealie meal	10 chicken pieces
500 g popcorn	6 eggs
2 x tinned beans	200 g cheese
2 x tinned fish	1 kg yoghurt tub
2 x tinned vegetables	
6 x 1 L long-life milk	
1 x 500 g jar of peanut butter	
1 x 290 g jam	
1 x 500 g margarine	

How many meals will this make?

Food product	How many meals
2 x 500 g pasta	8
1 kg of rice	18
1 kg mealie meal	10 meals of stiff mealie pap
1 loaf of bread (to buy every week)	8 sandwiches = 32 sandwiches
	2 meals per day with starch
2 x tinned beans	4 meals
2 x tinned fish	4 meals
10 pieces of chicken (to buy every week)	4 meals = 16 meals
500 g lean mince (to buy every week)	4 meals = equals 16 meals
1 kg yoghurt (to buy every week)	5 meals = equals 20 meals
6 eggs (to buy every week)	6 meals = equals 24 meals
200 g cheese (to buy every week)	4 meals = equals 24 meals
500g jar of peanut butter	16 meals
	3 meals with protein each day

Seasonal fruit and vegetables

Summer  <p>Apricots Summer berries Bananas Prunes Guavas</p>	Summer and autumn  <p>Watermelon Grapes Mangoes Peaches</p>	Autumn
Spring and summer  <p>Watermelon Grapes Mangoes Peaches</p>	All year  <p>Apples Lemons Pineapples Pawpaw Pears Passion Fruit</p>	Autumn and winter  <p>Oranges Naartjies</p>
Spring 	Winter and spring  <p>Oranges Naartjies</p>	Winter  <p>Dates Limes Kiwi</p>

Summer  <p>Green beans Chives</p>	Summer and autumn  <p>Butternut Tomatoes Onions Baby marrows Radishes Carrots Beetroot</p>	Autumn  <p>Squash Sweet peppers Leeks</p>
Spring and summer  <p>Baby marrows Butternut Red onions Mielies</p>	All year 	Autumn and winter  <p>Onions Radishes Beetroot Carrots</p>
Spring 	Winter and spring  <p>Spinach Watercress</p>	Winter  <p>Peas and beans Pumpkin Mushrooms</p>

Sticking to seasonal vegetables and fruit can save you a significant amount of money while still offering a wide variety of food.



Thank you

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We hope you find it easier to navigate the grocery store aisles next time you go. Remember, everything gets easier with practice.

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