

Eat well for less: 5 useful tips and resources

N°1

Try own brand or value brand food

Own brand (or value brand) products can offer good quality nutritious food at an affordable price. You might be surprised. Why not give them a go?



N°2

Give wonky fruit and veg a chance

Don't throw away fruits and vegetables with blemishes, these can still be eaten! Some supermarkets even offer 'wonky' vegetables at a cheaper price. They may look odd, but they taste great.



N°3



Change your shopping time

Try going to your local market, shop, or supermarket just before closing time, you can sometimes pick up fresh food at lower prices.



Too Good To Go

N°4

Get on the apps

Try a zero-waste app. You'll save money by buying products from restaurants and supermarkets that have not been sold or are close to their sell by date. Why not try one of these apps?

Too Good To Go, Love Food Hate Waste, No Waste



No Waste

N°5

Visit a social supermarket

Did you know about social supermarkets?

Where you can buy food at discounted prices, some even do pay what you feel! It's worth a try. Check online or visit your community centre, or local town or village hall to see if your area has a social supermarket you can use.

Healthy tips to fill your basket

How do you feel about healthy eating?



- ☐ It costs too much.
- ☐ I don't know what to buy.
- ☐ It takes too long.
- ☐ No more treats. I can't eat the foods I like.
- ☐ I don't know where to start.

→ If you've ticked one or more boxes, then this leaflet is perfect for you! We have plenty of tips and tricks to share to help you buy good quality food at lower prices.



No Waste



<https://www.lovefoodhatewaste.com>

<https://www.nowasteapp.com>

<https://toogoodtogo.co.uk/en-gb/movement>



Interreg
France (Channel) England
ASPIRE
European Regional Development Fund

vif
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C3 COLLABORATING
FOR HEALTH

health
wellbeing
opportunities
ASPIRE

Healthy foods

We all know that fruit, vegetables, and wholegrains are good for us. They improve digestion and are a great source of vitamins and fibre that help us stay healthy.

WHY NOT TRY WHOLEGRAIN?

Swapping to wholegrain rice, bread or even pasta is a simple way to introduce more fibre into your diet! You can often find them in the same aisle in the shops as your usual rice, bread, and pasta.

MEAL IDEA

CURRY WITH WHOLEGRAIN RICE

- **Wholegrain rice instead of white rice** (more added fibre).
- Add **lentils and chickpeas** for added protein
- **Curry sauce**, either from a jar or homemade.



DID YOU KNOW?

Protein isn't just meat and fish! You can meet your daily protein intake by combining alternatives. Try the below to mix things up.

Why not try a light bite?



Bread

Hummus

Give veggie chilli a go!



Rice

Kidney beans

SMART PURCHASES

Tinned or dried vegetables like lentils and chickpeas are cheap, nutritious, and easy to prepare.



It's OK to treat yourself sometimes

Here are some tips so being healthy doesn't mean you never get to have your favourite foods.

TAKE YOUR TIME

Take a piece of chocolate, close your eyes, let it slowly melt on your tongue. Savour the flavours!

PICK A TIME



A croissant on a Sunday



2 small squares of dark chocolate on your lunch break



A glass of fruit juice on the week-end

MEASURE YOUR QUANTITIES



A tablespoon of cheese on top of your Spaghetti Bolognese



A tablespoon of oil to season salad



2 biscuits with your cup of tea

Quick, tasty and affordable

No time to cook? Tinned and frozen foods are quick, affordable and surprisingly healthy options when you're in a rush.

HEALTHY PIZZA!

Homemade pizza in 20 minutes:

- Ready-made pizza base
Top tip! You can even use pitta bread or leftover slices of bread from your cupboard as a pizza base.
- Tomato puree or sauce.
- Fresh or frozen vegetables (sliced courgettes, peppers, mushrooms, whatever you like!).
- Diced tuna or an egg.
- Some cheese.
- 15 mins in the oven and it's ready!

Don't have 20 minutes?

- Oven ready pizza.
- Add a few slices of tomato or other vegetables to add some freshness. Frozen or tinned vegetables like sweetcorn are also good.
- 15 mins in the oven and it's ready.

Choose a healthy pizza with traffic light labelling

Red, amber, and green show at a glance whether a product is high, medium or low in fat, saturates, sugars, and salt. The greener the better! Use the colour coded labels and pick food with more greens and ambers than reds.

Each serving (150g) contains					
Energy	Fat	Saturates	Sugars	Salt	
1046kJ (250kcal)	3.0g	1.3g	34g	0.9g	
	LOW	LOW	HIGH	MED	
13%	4%	7%	30%	15%	

of an adult's reference intake
Typical values (as sold) per 100g: 1677kJ / 167kcal