

Plan your meals

Check what you have in the cupboard, fridge and freezer before shopping. Plan your meals and write a shopping list.

Meal planner and shopping list

1. Check what you have in your fridge, cupboards and freezer.
2. Create a meal plan. 3. Make a shopping list. 4. Shop smarter.

MEALS FOR THE WEEK	SHOPPING LIST
MONDAY:	VEGETABLES:
TUESDAY:	
WEDNESDAY:	FRUIT:
THURSDAY:	GRAINS & CEREAL:
FRIDAY:	MEAT & ALTERNATIVES:
SATURDAY:	MILK, YOGHURT, CHEESE:
SUNDAY:	OTHER FOODS:

Compare unit prices

Use unit prices (e.g. per 100g, 100ml, 1kg) to compare cost of products.

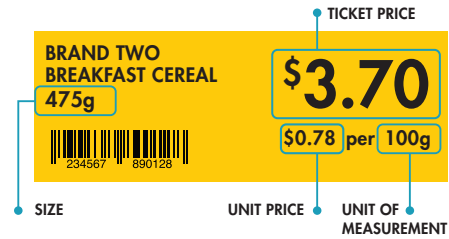
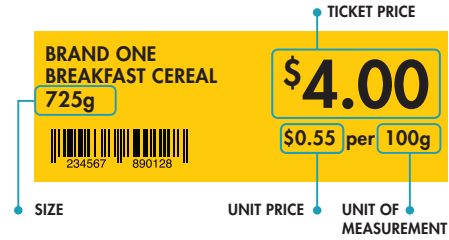


Image: LiveLighter 2018

Buy in bulk

Buy food with long shelf life in bulk for cheaper price per kilo. For example rice, flour, oats, rice, cheese and meat. Make sure you use them.

Rice 5kg



Rice 1kg



Use beans and lentils

Swap or add beans and lentils to meat dishes to bulk it out and make it cheaper.

Canned lentils



Beef mince



Buy canned or frozen

Canned or frozen fruit/vegetables may be cheaper than fresh and help reduce waste.

Frozen corn



\$2.50/kg

Fresh corn



\$12.90/kg

Limit convenience items

Pre-prepared foods such as grated or individually packaged cheese are often more expensive.

Block



\$8.80/kg

Grated



\$12.00/kg

Sliced



\$13.00/kg

Snack pack



\$33.00/kg

Buy supermarket brands

Supermarket or generic brands are cheaper and similar quality to branded products.

Penne 500g



\$1.60/kg

Penne 500g



\$5.20/kg

Other money saving tips

Fruit and vegetables

- Buy in season (e.g from a Farmer's Market)
- Buy "odd bunch" or "ugly" produce
- Freeze overripe or excess fruit, vegetables and herbs to use later

Shop reduced items

- Look out for specials and "reduced to clear" food items
- Check use-by/best before date on foods and use promptly or freeze for later use

Cook in bulk and freeze

- Do a big cook up on the weekend and freeze in portions for later
- Swap meals with friends for variety