Healthy eating on a budget

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Key points:

- Many believe that eating healthy is expensive.
- Tips and tricks can make eating healthy cheaper.

Try these tips for healthy eating on a budget.

Check what food you already have

Make and stick to a shopping list

Choose home brand products

Cook at home

Make a weekly meal plan

Buy fruits and vegetables in season

Buy canned or frozen fruits and vegetables

cook well
eat well

This factsheet was developed for the Cook Well, Eat Well project. Brought to you by VicHealth and Nutrition Australia Vic Division, Cook Well Eat Well helps Victorians create healthy meals at home during the Coronavirus (COVID-19) pandemic. Over 25 community organisations across Victoria were engaged to help shape Cook Well, Eat Well, and its content.