



# A budget-friendly plan for healthy eating

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe in ways to make healthy eating as budget-friendly as possible



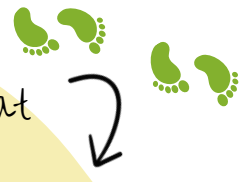
## Shop smart, cook from scratch & limit food waste...

Healthy foods often come with a healthy price-tag so how can you eat well in a budget-friendly manner? Unfortunately there is no silver bullet to price tags but check out our tips to help reduce costs.

Practical Tips to help your budget stretch further



5 ways to help you eat well on a budget



Write a shopping list and meal plan so that you only buy what you need



Make it yourself. Home-made meals typically cost less than shop-bought



Beware of 'too good to be true' promotions enticing you to spend



Stick to what's in season as readily available = £ better price



Waste not want not. Food waste is a waste of money!

Consider frozen, canned & preserved goods

Top up with frozen and/or canned which are cost effective ways to include a wide range of ingredients in your diet

Opt for local and seasonal food vs imported

Where possible aim for local seasonal produce which is typically more abundant and price-friendly than imports

Pick your cuts carefully and buy whole

Pre-prepped fruits, veggies, meat and fish come at a price. Choose value food formats over convenience for best price eg. a whole chicken is more economical than the fillets and can provide multiple meals

Batch cook & freeze to reduce costs

Single serve portions can be costly so bulk buy - batch cook - portion - freeze, so your budget stretches further

