

BUDGET SHOPPING GUIDE

FRUIT AND VEGETABLES

- Frozen vegetables - mixed vegetables, peas, green beans
- Frozen fruit
- Seasonal, discounted and "ugly" produce
- Canned vegetables - corn, peas
- Canned fruit (natural juice)
- Diced tomato, passata
- Potatoes
- Onion



PROTEINS

- Large cans of tuna or salmon
- Canned or dried lentils, 4 bean mix, chickpeas
- Baked beans (salt reduced)
- Eggs
- Milk (including long life and powdered)
- Large tub of greek or natural yoghurt
- Block of low-fat cheese
- Reduced meats (such as mince or BBQ chicken at end of day)



GRAINS

- 1kg bag rice - long grain, brown, basmati
- 750g bag rolled oats
- Wholemeal pasta
- Loaf of wholegrain bread (home-brand bakery section)
- Box of whole grain cereal - wheat biscuits, untoasted muesli



SNACKS

- Unsalted nuts in bulk
- Popcorn kernels
- 100% nut butter



OTHER

- Dried herbs or spices in bulk