



NHS Children's Nutrition Team

Supporting Tameside families during COVID-19

Food on a budget

Expensive food swaps

- Meat - pulses (lentils, chickpeas, beans) are a low fat and cheap protein—add to bolognaise, currys, chilli, baked potatoes...
- Fresh fruit & veg - frozen or tinned are great! Watch out for added salt and syrup versions.
- Branded products - shops own brands are often made in the same factories to almost identical recipes.
- Ready made sauces - make your own in bulk and freeze portions.

Tips when shopping

- Choose where to shop carefully - different supermarkets, local grocers, butchers, bargain stores have large amounts of dry foods like pasta, rice, beans and lentils.
- Look out for special offers—it's not a saving if you don't need it!
- Shopping in the evening increases chances of reduced items



Tips when cooking food

- Cook the correct portion needed to reduce waste.
- Freeze left over meals or if possible save for another meal the next day.
- Adapt your recipes—swap half the meat for lentils, beans or chickpeas as these are cheaper.
- Use the correct temperature of oven or cook more than one meal at a time.
- Boil all vegetables together, don't cook for longer than needed.

Other ideas?

- Make a shopping list & stick to it (avoid going down unnecessary aisles).
- Choose cheaper cuts of meat and fish.
- Be flexible—try fruit and vegetables in season as they can be cheaper.
- Avoid processed foods—these can be expensive and can contain lots of added salt, fat and sugar.
- Use leftovers wisely—add meat to sandwiches and salads, turn extra bolognaise into chilli.
- Store leftovers in sealed containers in the fridge.

Check out the following for more up to date information
www.tameside.gov.uk/healthyeatingandnutrition/kids/budget



Follow us on twitter @NHSTamesideCNT