

Healthy Eating Makes Cents

*A guide to making
healthy choices on a
budget*



For more information:

Diabetes Education Service
The Queen Elizabeth Hospital
28 Woodville Road
WOODVILLE SA 5011
Telephone: (08) 8222 6771



Department for Health and Ageing, Government of South Australia.

Version No 1	Current from August 2020	Next review 2022
-----------------	--------------------------------	---------------------

EMERGENCY FOOD SUPPLIES

Anglicare - The Magdalene Assistance Centre

Address: 42 Carrington Street, ADELAIDE 5000

Phone: 8305 9389 Fax: 8212 8055

- People with diabetes needing food vouchers must produce general practitioner certificate.
- Bring health care card, pension card or concession card.
- Monday-Friday 9:00am-noon.

Uniting SA

Address: 58 Dale Street, PORT ADELAIDE, SA 5015

70 Dale St, PO Box 3032, PORT ADELAIDE, SA 5015

Phone: 8440 2200

Open Door-Emergency Relief

- Food parcels and emergency assistance available.
- Three times per household within a 12-month period. Must hold a current concession card and a Centrelink income statement with your current address.
- Monday– Friday 9am-1.30pm

Salvation Army Family Support Service (Arndale)

Address: 1 - 7 Gray Street, KILKENNY 5009

Phone: 8445 2044

- Emergency food relief for people in need.
- Bring health care card, concession card or pension card.
- Ring for an appointment.
- Must be zoned in western suburbs only.
- Monday, Tuesday, Thursday and Friday 9:00am-2.30pm
Wednesday 9.00am-12.30pm.

Saint Vincent De Paul

Phone: 1300 729 202

- Emergency food relief for people in need.
- Ring for an appointment.
- Must be zoned in western suburbs only.
- Monday-Friday 9:00am-1:00 pm
- Saint Vincent De Paul also run 'Fred's Food Van'-contact them for times and locations.

Nonna's Cucina

Website: www.nonnascucina.com.au

Phone: 8240 3491

12 Hardy Street ROYAL PARK SA 5014

Menu: Traditional Italian meals available for home delivery. Meals suitable for people with diabetes. Gluten free meals are also available

Eligibility: Frail aged, people with disabilities and their carers.

Cost: Lunch consisting of soup, main and desert for \$17.50

Delivery: Meals delivered hot (or can be sent/collected frozen). Monday-Friday (11.00am-1.00pm).

Maltese Meals Service, Maltese Aged Care Association SA Inc.

Website: www.malteseagedcare.org.au

Email: meals@macasa.org.au

Phone: 8241 0266

PO Box 6004, Alberton SA 5014

Menu: Homestyle meals for Maltese & the wider community. Meals suitable for people with diabetes. Vegetarian and Halal are available.

Eligibility: Meals are available at members pricing to those who meet funding criteria and are available on a short term or an on-going basis for older people who require support to live at home (assessed by My Aged Care) and younger people with disabilities

Cost: Members price: 3 courses \$11.00

Non-members price: 3 courses \$17.00

Delivery: Delivery Monday-Friday

Contents

Page number

Introduction

4

SECTION 1

Meal Planning

5

- How to shop wisely
- Making healthy choices– label reading
- Home brand and generic shopping
- Comparing prices
- Buying food in bulk
- Use-by dates
- Where to shop

Menu Planning

12

Low Cost Meal Ideas

15

Australian Guide to Healthy Eating

16

Home Garden Produce

17

Freezing Foods

18

SECTION 2

Convenience Meals

20

Ready Made Frozen Meals and

Canned Meals

21

Home Delivered Meals

22

Emergency Food Supplies

25

Introduction



This booklet includes tips on how to shop wisely within a budget.

Healthy eating does not need to cost you more and in many cases, with some planning, can save you money.

Using seasonal foods can help make cooking inexpensive, nutritious and easy.

No matter if you are cooking for one or your whole family, everyone can follow the healthy eating suggestions in this book.

This booklet also contains information on convenience meals for those busy times when cooking may not be possible. Options for home-delivered meals are also discussed as well as emergency food supplies for times of need.



Adelaide Food Service

Website: www.adelaidefoodservice.com.au

Phone: 8297 1233 **Fax:** 8297 0211

508 Cross Road GLANDORE SA 5037

Menu: Home cooked frozen meals, suitable for heating in microwave or oven. Large range of soups, main meals and desserts. Meals are not specifically designed for people with diabetes. There is a selection of meals that are lower in fat and added sugars.

Eligibility: Anyone

Cost: Soup from \$5.25; main meals from \$12.50, desserts from \$6.25. Delivery Fee is \$8.00. Minimum spend is \$50 dollars. Meal bundles available

Delivery: Delivery Monday-Friday or pick up instore.

MEALS FOR ETHNIC OR CULTURAL GROUPS

Greek Meals Service

Website: <https://www.greekwelfare.org.au>

Phone: 8212 5100

96 Wright St, ADELAIDE 5000

Menu: Greek style meals which can be made suitable for people with diabetes.

Eligibility: Frail aged, people with disabilities and their carers, or require short or long-term assistance.

Cost: There is a 4-week set menu, with My Aged Care referral \$11.00 (3 courses) or \$9.00 (2 courses). Soup, main meal dessert, salad or fruit available.

Delivery: Delivery times are 10:30am– 12:30pm Monday to Friday. Frozen/cold meals are available for weekends and public holidays
Greek and English speaking volunteers

Home– Delivered Meals



Meals On Wheels

Website: www.mealsonwheelssa.org.au

Phone: 8271 8700 **Fax:** 8271 8101 **Free Call** 1800 854 453

70 Greenhill Road WAYVILLE SA 5034

Menu: Standard menu is suitable for people with diabetes, including vegetarian. Modified texture meals are available when referred by a health professional.

Eligibility: People who are unable to prepare and/or purchase meals for health or social reasons.

Cost: Soup, main and dessert for >65yrs \$9.75 per day. or if <65yrs \$10.50 per day (delivery included).

Delivery: Delivery Monday to Friday between 11.15am to 1.30pm. Frozen meals available for the weekend or holidays.

Lite n' Easy

Website: www.liteneasy.com.au

Phone: 13 15 12

Menu: Lite n' Easy menus include weight loss and weight maintenance food plans delivered to your door. Full menus are available (breakfast, lunch, dinner and snacks). All meals are suitable for people with diabetes.

Eligibility: Anyone

Cost: From \$65.00 for 5 dinners, up to \$192.00/week for full meal program.

Delivery: Delivery Monday to Friday

Section 1 Meal Planning

How to shop wisely

These tips can help you make healthy choices and save money.



Before you shop

- Plan meals and snacks for the week (see page 12 on meal planning)
- Arrange meals around the five food groups (see page 16)
- Make a list and stick to it! This can save money, time and extra trips to the supermarket for things you have forgotten.
- Check your local paper and home delivered leaflets (junk mail) for specials.
- Try not to shop when you are hungry.
- Allow time for shopping– shopping in a hurry or when distracted may lead you to buy on impulse and end up with things you do not need.

When shopping

- **Fruit and Vegetables**
 - Buy fruit and vegetables in season—they taste better and are usually cheaper
 - When buying perishable foods like fruit and vegetables, buy only what you will eat. Don't be tempted to buy too much.
 - Choose fruit that is ripe for the beginning of the week and fruit that is a little green for eating towards the end of the week. This will save you throwing away over-ripe fruit.

- **Specials** (e.g. “SALE”, “PRICE CUT”):

- Think about how often you use the product.
- Check the normal price against the special one, sometimes there is not much difference in price.
- Can you use the food before the use by date?

- **Meat, poultry, fish**

- Look for lean cuts as they result in less wastage.
- Boneless cuts of meat are often better buys since you are not paying for the weight of the bone.
- Whole fish is often much cheaper than fillets, especially at fish markets and wholesalers. Check the eyes are bright and firm for freshness.
- Tuna, salmon and sardines canned in water, olive oil or tomato sauce are cheap and nutritious alternatives to fresh fish.

- **Drinks**

- Drink water instead of juice or sweetened drinks



Many frozen and canned meals are low in vegetables, so you may need to add an extra serve or two of your own vegetables.

Examples of suitable frozen and canned meal choices are shown below.

Frozen Meals



- Amy’s Kitchen
- Buona Pasta
- Coles Frozen Meals
- Gourmet Meals Frozen
- Hadiram’s Dal Tadaka
- Health and Vitality meals
- International Cuisine
- La Triestina Pasta Varieties
- Lean Cuisine Frozen meals
- McCain Frozen meals
- On the Menu
- Sanitarium Vegie Delights
- Sara Lee Beef Lasagne
- Simply Super
- Super Nature Superfoods
- The Good Meal
- Tutto Pasta Meals
- Weight Watchers Frozen Meals
- Woolworths home brand and select frozen meals.

Canned Meals



- Amy’s Kitchen Soups
- Campbell’s Chunky meals; Country Ladle Soups, Condensed Soups
- Campbell’s Fully Loaded
- Fray Bentos Steak & Kidney Pie
- Canned baked beans
- Canned spaghetti
- Hart & Soul– All natural
- Harvest Canned Meals
- Heinz Big’n Chunky; Classic Soups, Soups for one, Big Red, Soup of the Day
- Rosella soups
- Stagg Chili
- Vegie Delights
- Tom Piper Meals
- Woolworths Select Chunky meals and homebrand soups

SECTION 2

Convenience Meals

Ready Made Frozen Meals

- Frozen meals can be healthy and nutritious.
- There is a wide selection of frozen meals available in supermarkets but the nutritional value of the meals varies greatly.

Canned Meals

- Canned meals tend to cost less than frozen meals and they are convenient.
- There are many meals now available in cans, ranging from soups to stews.
- Directions for heating the meal are on the can and can be done by emptying the contents into a microwave safe container and following the manufacturer's instructions for heating in either the microwave or on the stovetop.

Tips for choosing healthy frozen or canned meals:

- Look for meals with less than 10g of fat per 100g
- Compare the saturated fat of the meals per 100g. Aim for the lowest possible.
- Choose meals that are lower in salt (aim for less than 400mg sodium per 100g).
- Choose meals that contain between 30g – 45g of total carbohydrate per serve. If the carbohydrate is much lower than this, you may need to add a slice of bread or piece of fruit with the meal. Speak to a dietitian if you are unsure.
- Look for meals that contain plenty of vegetables.

Smart shopping

Timing

- Often during the last hour before closing, some perishable items (e.g. meat, seafood, vegetables, bread) are offered at markdown prices.



Location

- Check prices and quality of products at the butcher and greengrocer compared to the supermarket.

Pantry Items

- Cereals, dried beans, pasta, rice and oats can be stored for a long time so they may be worth buying in bulk.
- Look for “no added salt” & “no added sugar” canned products.
- Frozen fruit and vegetables are a good choice. They keep most of their vitamins when they are snap frozen and packaged. They are washed, peeled and cut, ready to use. Frozen vegetables are especially useful when cooking for one as there is less waste.

Special “diabetic/ diet food”

- Skip it!
- Living with diabetes doesn't mean you need special diabetic or diet foods. These are often expensive. Healthy food from the five food groups in the right quantities will provide all your needs.

Making healthy choices– label reading

Reading the food labels on products can help you to work out if a product is a healthy choice. See the guidelines below.

Read the Label	
NUTRITION INFORMATION	
Nutrient	Per 100g
Fat - total	Aim for less than 10g For milk and yoghurt less than 2g is best Oils and margarines are high in total fat, choose poly or mono-unsaturated varieties.
- saturated	Aim for less than 3g or as low as possible
- trans	Less than 1g for margarine
Carbohydrate - sugars	Aim for less than 10g or for foods containing fruit aim for less than 25g
Sodium	Aim for less than 400mg and if possible less than 120mg Look for ' <i>no added salt</i> ', ' <i>salt reduced</i> ' and ' <i>low salt</i> '
	Per serve
Fibre	Aim for 3g or more (remember for fibre to look ' <i>per serve</i> ')

Your Dietitian can assist you with label reading and provide further advice and information.

Expected storage life for some frozen foods in the home freezer

- Freezing greatly extends the use-by-date.
- Frozen storage times for a range of products are given below.
- Although food is safe to use beyond these times, there can be some loss in quality.

Raw Product - Approximate frozen storage life (-18c)				
BEEF 3-6 months 	LAMB 2-6 months 	PORK 3-6 months 	CHICKEN (portions or whole) 3-6 months 	LEAN FISH (eg whiting) 4 months 
SAUSAGE/HAM/BACON 1-2 months			OILY FISH (eg mackerel) 3 months	

Adapted from: Queensland Health-
Meat Storage and Preparation

Freezing Foods

If you have enough space in your freezer these tips can be good options:

- Most fresh vegetables can be frozen only if they are parboiled first (blanched). Herbs and spices freeze well.
- Larger cans of fruit and vegetables are economical but it is expensive to throw away unused portions. Divide the contents of the bigger cans into smaller portions, store in freezer safe containers.
- Small amounts can be frozen in ice cube trays – e.g. leftover tomato paste.
- Try buying bigger quantities of meat, chicken and mince when they are on special, then at home divide them in smaller packs and freeze.
- Cooked leftovers can be frozen, thawed and reheated. Label containers with the name of the dish and the date of preparation. Use freezer-safe containers or freezer bags.
- Bread is often on special and can be stored in the freezer. Keep what you will use for the week in the fridge and freeze.



Home Brand and Generic Products

Brands such as Black & Gold, Savings, Foodland, Coles and Woolworths are generic products.

They meet Australian food standard and safety guidelines. The main difference between branded and generic products is the packaging and marketing.



Tips:

- Always compare brands and prices.
- Home brands are often more economical and are just as nutritious.
- Bigger packs are usually cheaper (unless you are buying for one as food may go stale before it is finished).

Note:

- *Home Brand margarines can be higher in trans fatty acids*
- *Trans fatty acids are bad for our hearts.*
- *Check the labels and choose those with less than 1g of trans fat per 100g.*

Comparing Prices of Different Products

- When comparing different products in different sized packaging, it is important to check the weight or volume and unit price per 100g.
- Compare prices per unit between the brands to get the best deal.

Note: Most supermarkets display the unit price under the price of each product on their shelves.



Buying Food In Bulk

- Buying non perishable food in bulk is often cheaper– you pay for less packaging.
- Bulk foods still comply with the food standards and are grown and manufactured in the same manner.
- Rice, oats, pasta, flour, muesli, dried beans and lentils can be cheaper when bought in bulk.
- You could share goods purchased in bulk with family or friends to limit waste and save money.



Use-by Dates

- Always check the use-by-dates on products.
- If the product is past the use-by-date, the manufacturer does not guarantee the quality.
- Do not buy perishable goods if their use-by-date has expired (when shopping, check seals on products are not broken).
- If there are signs of spoilage or tampering – do not buy the product, it is probably unsafe.
- Cans should not have any rust, be damaged, bent or swollen.

Best Before Dates

- Some foods will be marked with a 'best before' date.
- It may still be safe to eat foods after the 'best before' date, but they may have lost some quality.

Home Grown Produce

Home grown fruit, vegetables and herbs taste great and can't be beaten for freshness. It is easy and cheap to grow your own vegetables and you have the added benefit of exercise!

Any sunny spot, even a pot will do. Better Homes and Gardens recommend the following tips for beginners:

Where to plant?

Your site must get full sun all day, so choose a spot clear of trees. An area of 4m x 4m is a good size for beginners.



What to plant?

Select varieties you like to eat.

Remember, vegetables planted at the same time mature at the same time, so it's a good idea to plant small batches two or three weeks apart. Choose varieties that are right for the season.

- **Seeds:** Seeds are cheap and you could plant a few seeds now and save the rest for later. Sow according to the directions on the pack. Water regularly while the seeds are germinating.
- **Seedlings:** Bought seedlings are already several weeks old, so they're ready sooner. Seedlings are not as cheap as seeds. You may want to share your crop with your family or friends or freeze any excess vegetables (excess tomatoes can be made into sauce).
- **Fruit trees** do not need a lot of maintenance and will reward you with produce for lunch boxes, snacks, jams and stewed fruit. Citrus and flowering deciduous fruits are good croppers in Adelaide.
- If you don't have a garden, check with your council if there is a community garden project available in your area.

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



Where to shop



Food Co-ops

Food co-ops are usually much cheaper. Check with your local council to find one in your area.

Markets

Markets are excellent places to find bargains when shopping for fruit, vegetables, meat, fish and poultry. Often stalls are family owned and their expenses are small, so they can afford to sell cheaper produce.

Supermarkets

Supermarkets generally offer a wide variety of foods and the prices are very competitive. Shopping at the supermarket is usually less expensive.

Seven day supermarkets and delis

The range of products is smaller than in larger supermarkets, their overheads are greater, therefore prices are usually higher.

Petrol / service stations

These offer a very limited range of food at higher prices but are often open for longer hours.

Local specialty shops

(Butcher, fruit and vegetable shops, fish shops, etc.)

Compare prices with your local supermarket. It is sometimes worth paying extra for quality produce.



Menu Planning

Planning meals helps you to budget, makes shopping easier and is key to healthy eating.

The Australian Guide to Healthy Eating (see page 16) is a food selection guide which indicates the five food groups that we should aim to eat from every day.



Ways to manage your food and save dollars:

Meat and meat alternatives

- Have some 'meatless' days.
 - Try using legumes and lentils as a substitute for meats. They are a good source of protein, iron and zinc.
 - Smaller amounts of meat means lower food costs as well as less saturated fat and cholesterol.
- Cut down on meat by using a quarter less than a recipe states and making up the balance with extra vegetables, beans, rice or pasta
- Pre-marinated meat costs more; make up your own marinades with ingredients such as vinegar, lemon juice, stock, mustard and herbs.

Freeze

- Your time and money is valuable, make the most of it!
- Buy and cook in bulk, then freeze portions.

Making stock

- Make soup stock from leftover meat and bones, let the stock cool and skim fat from the top.
- Freeze in containers for use in stews, soups and casseroles.
- Freeze stock in ice cubes and use as stock cubes for cooking. Commercial stock cubes are usually high in salt.

LOW COST MEAL IDEAS

	Breakfast	Lunch	Dinner
Day 1	½ cup cereal with 250ml low fat milk, topped with ½ cup tinned fruit (in natural juice, drained).	1 cup chicken & vegetable soup (canned, reduced salt variety) with 1 slice of wholegrain bread. 1 apple	1 serve beef curry* with ¾ cup steamed Basmati rice. 200g diet fruit yoghurt.
Day 2	2 wholemeal crumpets with fruit spread. 1 pear	Low fat cheese (40g) and salad wholegrain roll. 1 banana	1 cup cooked spaghetti plus bolognese sauce*, with a tossed fresh green salad. Diet jelly.
Day 3	200g tub diet fruit yoghurt. 1 cup of fresh fruit salad.	A pita bread sandwich or "pocket" with drained tuna (in water) and salad. 250ml low fat milk.	Grilled chicken fillet (120g) with steamed carrot, broccoli and 1 small potato. ½ cup stewed fruit and ½ cup low fat custard.
Day 4	A poached egg with 1 slice of wholegrain toast. 200g low fat no added sugar yoghurt. 150ml of unsweetened fruit juice.	Toasted sandwich made from wholegrain bread with ½ cup baked beans and 40g low fat cheese.	Grilled lean steak (120g), 5 potato wedges*, tossed green salad. 1 piece of fruit, 200g low fat no added sugar yoghurt.
Day 5	Fruit smoothie made with 250ml milk, 200g low fat diet vanilla yoghurt, 1 small banana and 4 strawberries. (Blend all ingredients together in blender or food processor).	4 Via-Weat, with ricotta cheese, tomato and cracked pepper. 200g low fat no added sugar yoghurt.	1 serve lamb & vegetable stir-fry* with 1 cup cooked noodles. 1 fruit.
Day 6	One English muffin (wholemeal or wholegrain) with a scrape of margarine and fruit spread. 1 fruit.	A baked or microwaved potato with ½ cup low fat plain yoghurt or smooth ricotta cheese, ½ cup baked beans, 30g lean ham, herbs and salad.	2 slices of home made pizza*, served with a green salad. 1 fruit.
Day 7	¼ cup raw oats made with 250ml low fat milk & 1½ tsp sultanas sprinkled on top.	Mixed green salad with 95g can tuna (in spring water), with 1 cup 3-bean mix added. 1 apple.	2 tacos* with (120g) lean mince, salad, 20g grated cheese and ½ cup low fat plain yoghurt. Diet jelly and ½ cup fruit in natural juice (drained).

*Recipes can be found in *Take 5 Recipe Book* available from the Diabetes Centre.

Bread

- Bread is one food item that you can often find on sale.
- If you have space in your freezer, buy an extra loaf or two when the price is reduced. Bread keeps in the freezer for 2 months (keep sealed in its original packaging).
- English muffins (choose wholemeal or wholegrain varieties), pita bread (flat bread), crumpets and fruit loaf are other options.

Making home-made bread using wholemeal/wholegrain breads or bread mix can be more economical than buying fresh bread (especially if buying bread mix in bulk).

Paying someone else to do it

If it is pre-packaged, pre-prepared, pre-chopped, pre-grated – be prepared to pay for the extra service. It's cheaper to do it yourself.



Eggs

- Store eggs in the fridge and be mindful of the use-by date.
- Eggs are a good source of protein and other nutrients.



Milk and Yoghurt

- Buy fresh milk in the packaging size that suits you best.
- Long life (UHT – ultra heat treated) milk can be stored in the pantry until it is opened and is often cheaper than fresh milk and still nutritious. Once open, store UHT milk in the fridge.
- Powdered milk can also be used – make it up according to directions as you need it and store it in the fridge.
- Yoghurt is usually cheaper in large containers (e.g. 1kg) rather than single-serve tubs.

Fruit and Vegetables

- Use old or “tired” vegetables in stews, casseroles, soups or patties. Frozen and canned vegetables are often cheaper.
- Over-ripe fruits can be used to stew, in baking and in milk or yoghurt smoothies.

