

HEALTHY EATING DOES NOT HAVE TO BE EXPENSIVE AND TIME-CONSUMING



PLANNING AND SHOPPING



- ✓ **Plan your meals.** It makes it easy to draw up a food budget.
- ✓ Include **dry beans, lentils and split-peas** for high-fibre protein sources.
- ✓ Canned pilchards, sardines and tuna are **affordable sources of protein and healthy fats.**
- ✓ **Compare unit prices** (rand per gram/kilogram) listed on price tags.
- ✓ Look out for specials and if possible, **buy in bulk.** **Share foods** with relatives or friends.
- ✓ **Grow your own vegetables.** Spinach, carrots, tomatoes and green beans are relatively easy to grow.

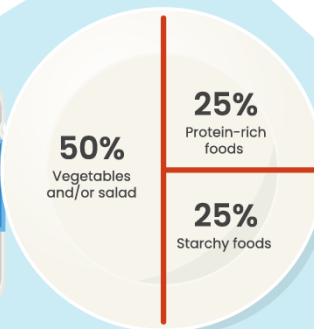
PREPARING AND COOKING MEALS

- ✓ **Cook extra food** for a second meal or for lunch the next day.
- ✓ Use fresh vegetables to **cook large batches of soups, stews or other dishes** as meal options for a few days.
- ✓ These can also be frozen where possible and then quickly reheated.
- ✓ Check if an ingredient in a recipe can be **fully or partially replaced** with an affordable ingredient.
- ✓ **Save electricity or gas:**
 - Use a pot or pan that is the same size as the stove plate or gas hob.
 - Keep the lid on when cooking, especially when making a stew or soup. This way the food also cooks faster. Use the stove top or microwave instead of the oven.



EATING AND DRINKING

- ✓ **Enjoy healthy home meals** rather than buying ready-to-eat meals.
- ✓ Sticking to the **correct portion sizes** is healthy and saves money.
- ✓ **Eat breakfast!** This will prevent you from feeling hungry and snacking on unhealthy and often more costly foods during the day.
- ✓ **Pack a lunch box** for work or school if you don't have time to eat at home.
- ✓ **Rethink your drink - choose water!** Sugary drinks are more costly and unhealthy.



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