

# Civil Service Active Wellbeing Week July 1-5 2019

## Eat better, for less

Finding that right balance between eating healthily and sticking to a budget can be tricky. It's often assumed that healthier foods are more expensive than unhealthy foods. Whilst this is sometimes true, there's still loads of ways you eat healthily for less.

### Be thrifty – Make a list and stick to it

Only buy what you're sure you'll use and check on what you already have in your cupboards first. Try not to go shopping when you're hungry. You're more likely to be led by your stomach than your head and pick up treats you don't really need.

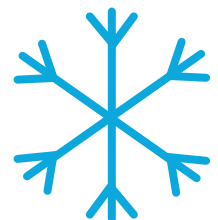


### Stock up on sales – Buy long shelf-life items in bulk

If any of your favourite staple products are on offer, stock up if you can. Only buy bulk items if they'll last. You don't want to undo all your hard saving by throwing away food you didn't get around to eating. Dry goods and frozen foods usually last several months and will help you avoid waste.

### Buy frozen fruits and vegetables – Defrost a portion at a time

Frozen fruits, berries and vegetables are readily available and just as nutritious as fresh alternatives. Fresh fruit is fab, but if you find it gets wasted – frozen alternatives are the way forward. When you buy certain foods, check to see if they can be frozen. And if they can, try dividing them up into portion sizes before you freeze them, so you only defrost what you need.



### Cook at home – Treat yourself with a meal out, occasionally

Cooking at home is much cheaper than eating out or buying processed ready meals. And if you make it yourself, you know exactly what's going into your meals, so you're never caught out with high salt or sugar contents. Going out to eat is great fun and there are definite benefits of eating with good company. But why not try and limit it to once a week? It will make it all the more special and save you loads.

### Batch cook – Use leftovers for lunch or pie fillings

Cook large portions and use your leftovers. They're perfect for lunches and saves you prep time in the morning. Use leftovers in curries or pies. They can often all be chucked in together and cooked in about 30 minutes. Some meats will even taste better the next day, once they marinated overnight. Batch cooking can work out to a few pounds per meal.

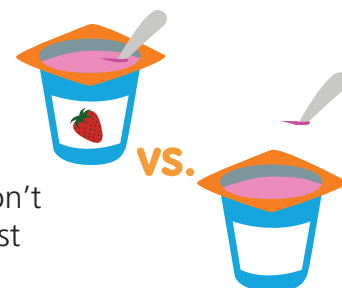


### Buy whole portions – Plan ahead and think about sharing

For example a block of cheese is cheaper than grated cheese, whole grains like brown rice and oats are also cheaper in larger pre-cooked versions. If you won't get through both packs of a 2 for 1 deal, could you share with a relative or friend?

### Buy generic brands – Do a taste test to see if you can spot the difference

All stores offer generic brands for most products these days and they're often made and packaged by the famous brands anyway, but much cheaper. You won't be able to tell some brands apart, but for those you can, why not try a taste test with your family? You may be surprised with the results.



### Stop buying junk food – Limit your takeaways

It's expensive and packed with unhealthy ingredients and offers little nutritional value. You'll often find junk food doesn't fill you up anyway. There's nothing wrong with an occasional treat, but try to limit your takeaways as much as possible. If you do get leftovers, check to see if you can store and reuse them the next day.

### Replace meat with other proteins – Try going vegetarian or vegan for one day a week

You could build up to replacing meat a couple of times a week with beans, legumes, seeds, soy or eggs. These are all cheap and nutritious sources of protein and they'll fill you up too. Not only are they a healthy alternative, but it can help you try new meals and keep things interesting.



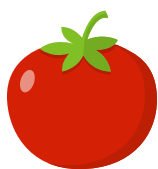
### Produce in season – Save money and the planet

Buying local produce in season is usually cheaper and more nutritious, remember you can always freeze some and incorporate into future meals. Also, local and seasonal produce often uses less energy to grow and transport, so has a smaller carbon footprint.

### Pick your own produce – Combine food with a great day out

If you're lucky enough to live near a pick-your-own farm, why not take a visit to see what's in season? It's a great day out for all ages and educational for kids. By cutting out the supermarkets you could save a packet and help local businesses. But it's not just fruit and veg. Some farms now sell breads, jams, eggs and meats, directly to the customer, all produced and reared onsite.



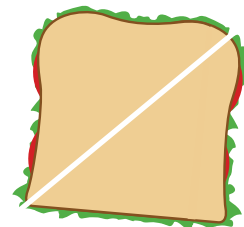


### Grow your own produce – From window boxes to allotments

If you can it's a great idea to grow your own produce. Tomatoes and onions are easy to grow and don't need much room or attention. You can even grow mushrooms in a cupboard or cress on a window sill. You get a real sense of pride eating something you've grown and kids love to help and learn.

### Packed lunches – You'll know exactly what goes into your sandwich

This will save you a lot of money and can always be prepared the evening before. Supermarket meal deals may seem good value, but the home made equivalents could save you £10 a week and help you cut down on salts and fats.



Make your move with



This has not been created by a medical professional, licensed nutritionist or registered dietician. The information contained in this document should not be taken as medical advice.