

LOCKDOWN FOOD STAPLES

Oil - vegetable, bran or olive

Seasonings – dried oregano, mixed herbs, paprika, cumin, curry powder, black pepper and salt (iodised)

Spices- dried cinnamon, ginger, nutmeg

Stock- beef, chicken or vegetable (dried or liquid)

Sauces - soya sauce (salt reduced), fish sauce, sweet chilli sauce

Baking goods - flour, sugar, baking powder, cornflour

Grains - Brown rice, long grain rice, dried pasta, quick cooking polenta, couscous

Canned foods - red kidney beans, brown lentils, tomatoes, creamed corn, tuna

Frozen foods - frozen mixed vegetables, peas

Perishable Foods

Eggs, Milk (reduced fat), Cheese (edam), fish, chicken, beef mince, lean beef, tofu, vegetarian sausages, bread and bread products.

Vegetables - garlic (fresh or crushed), onions, carrots, pumpkin, potato, kumara

Seasonal vegetables - Cabbage, leeks, silver beet, broccoli, spinach, celery, tomatoes

Fruit – apples, pears, bananas, oranges

HEALTHY INGREDIENT SWAPS



Full fat milk
(dark blue top)



Reduced fat milk
(light blue/ green/
yellow top)



Coconut cream



Light
coconut milk



Tuna in oil



Tuna in water



Fatty, processed
meat



Lean meat



White grains:
bread, rice, pasta



Wholegrains:
bread, rice, pasta



Sour cream



Light
sour cream



Pouring oil



Spray oil



Soy sauce



Reduced-salt
Soy sauce



Colby, Tasty, Cheddar
cheese



Edam cheese

STRETCHING YOUR FOOD BUDGET

#1 PLAN AHEAD!

Whether you shop weekly or fortnightly, it is helpful to plan in advance. Try making a grocery list for your next shopping trip to the supermarket.

#2 AVOID GROCERY SHOPPING WHEN HUNGRY.

Try eating a small snack beforehand like a piece of fruit, crackers with cheese or hummus. This can stop you making impulse purchases.

#3 IN-STORE BRANDS.

Try using the store brands, they are often cheaper and taste much the same.

#4 USE FROZEN, CANNED AND DRIED FOODS.

They are just as good as the fresh ones, and are often cheaper too! Remember to choose canned fruits in their juices rather than syrups to reduce sugar content.

#5 BUY IN BULK IF ABLE TO STORE.

This is often cheaper and if you make meals like soups or casseroles in bulk they can be frozen for use later on.

6 BUY IN SEASON

Look for seasonal fruit and vegetables. These are cheaper and better quality. You can check what's in season by visiting vegetables.co.nz online.

#7 REDUCED TO CLEAR PRODUCTS.

Buy "reduced to clear" products such as block cheese. Grate and freeze for later. Fresh milk freezes well too. Also, look for "reduced to clear" meat products.

#8 BULK BINS VS. PACKAGED PRODUCTS

Compare the prices of products in bulk bins to pre-packaged products in the aisles e.g. sultanas, nuts and muesli.

#9 CONVENIENCE AT A COST

Convenience items are more expensive e.g. pre-prepared salads, washed lettuce, quartered pumpkin, etc. these can be a good option if strapped for time.

DID YOU KNOW?

'CHOLESTEROL FREE' All plant-based products are naturally cholesterol free.

'REDUCED FAT' doesn't mean 'low fat'.

'FAT FREE' doesn't mean sugar free.

'LITE' doesn't mean lower in fat. The product can mean lower in sodium, sugar or food colourings compared to other products.