

Healthy eating on a budget

[FOODcents program](#)

FOODcents is an educational program designed to promote healthy eating on a budget. It contains information, tips and interactive material to eat shop and cook health smart on a budget. This includes:

- Eating a balanced diet
- Food safety
- Reducing food waste
- Growing your own food and fruit and vegetables
- Using meat
- Balancing a budget
- Learn the true cost of food
- Value for money
- Reading food labels
- Getting more from your pantry
- Utilising local produce
- Home-made takeaway
- Surviving till payday
- When you run out of an ingredient
- School lunches
- Work lunches

[Virtual supermarket tour](#)

[Healthy Eating Makes Cents](#)

Prepared by the dietetics team at the Diabetes Centre of the Queen Elizabeth Hospital this resource includes helpful information and tips on the following:

- Meal planning
- Shopping wisely
- Comparing prices
- Buying in bulk
- Low-cost meal ideas
- Home gardens
- Freezing foods
- Convenience meals
- Home-delivered meals
- Ready-made, frozen and canned meals
- Meals for ethnic and cultural groups
- Emergency food supplier