



Tips for shopping on a budget

- ✓ Write a list/plan your food for the week
- ✓ Shop less and stick to your list - more time in shops = more impulse purchases OR shop online with services like home delivery or click and collect
- ✓ Reduce waste - only buy what you need, store food properly and use leftovers
- Use leftovers for lunch or another meal
- Be creative with leftovers or things left in the fridge
- Have a 'needs to be used' shelf
- Try online shopping for non-perishables eg garbage bags - allows you to shop around for best price, but be careful of postage costs
- Buy non-perishables in bulk
- Only buy the fresh items needed for the week
- Buy fruit and vegetables in season
- Buy meat in bulk then divide and freeze OR try other plant based protein sources eg. canned legumes
- Limit ready made purchases
- Approach sales and coupons with caution - these might persuade you to buy something you didn't need
- Never shop on an empty stomach or while tired
- Become familiar with your local shop and any regular deals
- Keep the fridge, freezer and pantry organised - once a month clean out to use items
- Look for home brand/no name products (often at bottom of shelves)



Guide to what's in season in South Australia

Summer



Fruits

apricots, avocados, blackberries, blueberries, cherries, figs, honeydew, loquats, melons, mulberries, nectarines, oranges, peaches, plums, peacherines, raspberries, rhubarb, rockmelons, strawberries, watermelons

Vegetables

bok choy, beans, beetroot, broccoli, cabbage, carrots, cauliflower, celery, choy sum, corn, cos lettuce, garlic, kohlrabi, leeks, olives, onions, spring onions, parsnip, peas, potato, pumpkin, rocket, silverbeet, spinach, sweetcorn

Autumn



Fruits

apples, blackberries, cumquats, figs, feijoas, grapes, honeydew melon, limes, mandarins, pears, passionfruit, persimmon, plums, pomegranates, quinces, raspberries, rhubarb, rockmelons, strawberries, Valencia oranges, watermelon

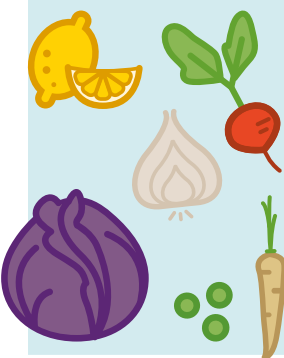
Vegetables

asian greens, beetroot, broccoli, brussel sprouts, cabbage, capsicums, carrots, cauliflower, celeriac, celery, chicory, eggplant, Jersualem artichoke, kale, kohlrabi, leeks, onions, parsnip, peas, potato, pumpkin, shallots, silverbeet, spinach, swede, sweetcorn, turnip, zucchini

Nuts

chestnuts and pistachios

Winter



Fruits

apples, avocados, cumquats, grapefruit, lemons, limes, mandarins, navel oranges, pears, persimmon, quinces, rhubarb, tangelos, tangerines

Vegetables

bok choy, beetroot, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celeriac, celery, chicory, choy sum, daikon radish, eggplant, fennel, garlic, horseradish, Jerusalem artichoke, kale, kohlrabi, okra, olives, onions, parsnip, peas, potato, pumpkin, shallots, silverbeet, spinach, swede, sweet potato, turnip, zucchini

Nuts

chestnuts, hazelnuts, pecans, walnuts

Spring



Fruits

apples, avocados, blood oranges, cumquats, grapefruit, lemons, loquats, mandarins, mulberries, Seville oranges, pears, rhubarb, strawberries, tangelos, tangerine

Vegetables

asparagus, bok choy, beetroot, broccoli, cabbage, carrots, cauliflower, celery, choy sum, garlic, kohlrabi, leeks, salad, spring onions, parsnip, peas, potato, pumpkin, silverbeet, spinach



Creating a meal from staples

Pantry Staples

Vegetables

Canned tomatoes
(no added salt/reduced salt)
Corn
Beetroot
Asparagus
Beans
Potatoes
Onion
Garlic

Fruit

Canned peaches, apricots,
fruit salad, pineapple
Apples
Oranges
Dried fruit - sultanas,
apricots, dates, prunes

Dairy

Evaporated milk
UHT milk
Soy, almond, rice
or oat milk

Protein

Canned tuna/salmon
Sardines
Anchovies
Canned baked beans
Canned or dried legumes/
beans
Nut butters
Canned soups

Bread and Cereals

Rolled oats
Couscous
Rice
Pasta & noodles
Quinoa
Taco shells
Corn chips
Canned spaghetti
Breakfast cereals
Vita-wheats or other crackers
Muesli bars

Condiments, Spice and Oils

Honey
Vegemite
Mustard
Reduced salt soy sauce
Reduced salt oyster sauce
Herbs - basil, oregano,
thyme, coriander, cinnamon,
chilli, turmeric, paprika, salt,
pepper, dill, rosemary

Fridge Staples

Protein

Eggs
Tofu
Hummus
Fresh meat or seafood

Fruit and Vegetables

Apples
Berries
Carrots
Beans
Celery
Broccoli
Capsicum
Tomato
Banana
Avocado

Dairy

Milk
Natural yoghurt
Cheese - parmesan, ricotta,
feta, cheddar, block,
sliced or grated

Freezer Staples

Protein

Frozen fish fillets
Frozen meat and chicken
Home cooked meal prep
such as soups, casseroles
and pasta sauces, curry

Fruit and Vegetables

Frozen fruit and vegetables
Vita-wheats or other crackers
Muesli bars

Dairy

Grated cheese and milk
can be frozen

