

TIPS TO SAVE MONEY \$\$

Packing an everyday lunchbox doesn't need to be expensive. In fact, everyday foods can be a lot cheaper than sometimes foods. Here are some tips to make your everyday lunchbox budget friendly.

1. Shop the seasons

- Choose vegetables and fruit that are in season. They are usually displayed at the front of the supermarket and are often on special.

2. Buy in bulk

- Buy in bulk and pack into smaller portions at the start of the week.
- Great everyday options include baked beans, reduced fat yoghurt, rice or corn cakes, tinned fruit in natural juice, dried fruit, cheese and crackers.

3. Make your own

- Pre-packaged snacks are quick, easy and convenient but can increase the price of your shopping trip.
- Popcorn, flavoured natural yoghurt and pikelets are simple to make yourself.
- Instead of pre-packaged cheese and biscuit snack packs, make your own by cutting slices of reduced fat cheese and adding wholegrain crackers in a small container.

4. Go frozen or canned

- Try canned or frozen fruit and vegetables. These can be equally nutritious and can be stored for much longer.
- Frozen berries make a great addition to reduced fat natural yoghurt. They also help keep the yoghurt cooler for longer.

5. Leftovers for the lunchbox

- Using leftovers from the night before is a great way to reduce costs.
- Use leftover roast meat on a sandwich, baked sweet potato as a snack with hummus or leftover pasta or fried rice as the main item instead of a sandwich. Remember to pack an ice brick.

6. Create a tasting box

- You may find yourself running low on everyday lunchbox items by Friday. Instead of packing a traditional 'main' or ordering from the canteen, make a 'tasting box' with a combination of all your leftover ingredients from the fridge. Waste not – want not!

7. Shop the specials

- Look out for specials on everyday products like yoghurt, hummus, roasted chickpeas or fav-va beans and different varieties of bread. This will add interest in the lunchbox and is a great time to try new products.

