

DO YOU THINK YOUR BUDGET WON'T ALLOW YOU TO EAT MORE VEGETABLES AND FRUIT?

TRY THESE TIPS:

1. Vegetables and fruit that are in season are usually much more affordable to buy. Find out what types of vegetables and fruit grow well in your area.



2. To prevent food spoiling and wasting money, you can buy vegetables and fruit that stay fresh for longer such as butternut, carrots, cabbage, beetroot, onions, apples and oranges.



3. Buy fruit and vegetables in bulk especially when they are on special. You can cut them up and freeze them to use later.



4. If a freezer is available, consider frozen vegetables as an affordable option.



5. Make vegetable soup or stew with vegetables before they spoil to prevent food waste.



6. Certain vegetables such as spinach, carrots, tomatoes and green beans are relatively easy to grow. Homegrown vegetables can be much cheaper than store-bought vegetables.



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