HEALTHY EATING DOES NOT HAVE TO BE EXPENSIVE AND TIME-CONSUMING

NATIONAL NUTRITION WEEK
MAKE HEALTHY FOOD CHOICES EASIER
9-15 OCTOBER 2022



PLANNING AND SHOPPING

- ✔ **Plan your meals.** It makes it easy to draw up a food budget.
- ✔ Include **dry beans, lentils and split-peas** for high-fibre protein sources.
- ✔ Canned pilchards, sardines and tuna are **affordable sources of protein** and **healthy fats**.
- ✔ **Compare unit prices** (rand per gram/kilogram) listed on price tags.
- ✔ Look out for specials and if possible, **buy in bulk**. **Share foods** with relatives or friends.
- ✔ **Grow your own vegetables.** Spinach, carrots, tomatoes and green beans are relatively easy to grow.

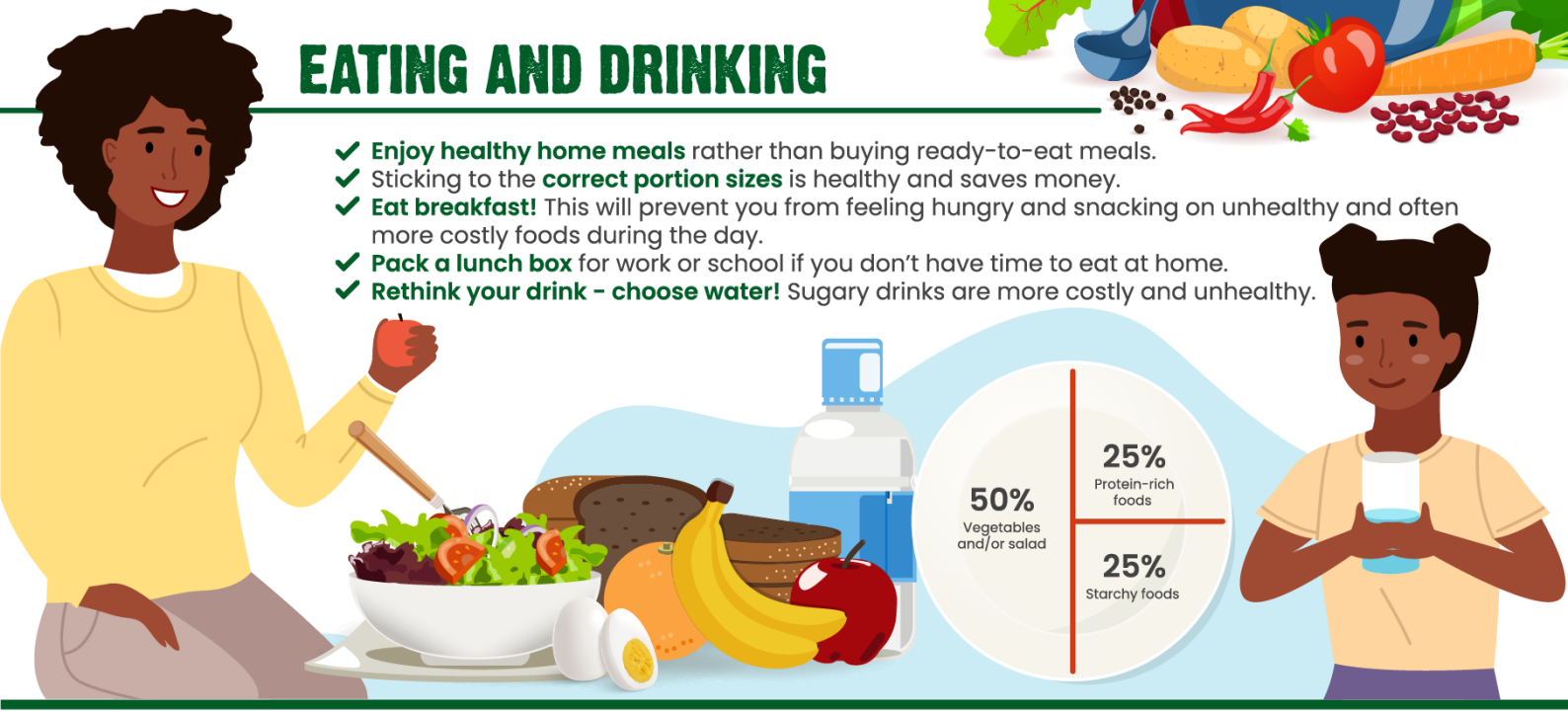
PREPARING AND COOKING MEALS

- ✔ **Cook extra food** for a second meal or for lunch the next day.
- ✔ Use fresh vegetables to **cook large batches of soups**, **stews** or **other dishes** as meal options for a few days.
- ✔ These can also be frozen where possible and then quickly reheated.
- ✔ Check if an ingredient in a recipe can be **fully or partially replaced** with an affordable ingredient.
- ✔ **Save electricity or gas**:
  - Use a pot or pan that is the same size as the stove plate or gas hob.
  - Keep the lid on when cooking, especially when making a stew or soup. This way the food also cooks faster. Use the stove top or microwave instead of the oven.



EATING AND DRINKING

- ✔ **Enjoy healthy home meals** rather than buying ready-to-eat meals.
- ✔ Sticking to the **correct portion sizes** is healthy and saves money.
- ✔ **Eat breakfast!** This will prevent you from feeling hungry and snacking on unhealthy and often more costly foods during the day.
- ✔ **Pack a lunch box** for work or school if you don't have time to eat at home.
- ✔ **Rethink your drink - choose water!** Sugary drinks are more costly and unhealthy.



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