

HEALTHY EATING

on a budget



Check your cupboards and use what you already have



Make a shopping list and stick to it!



Choose home brand or generic supermarket brands products



Frozen and tinned vegetables count!



Cook at home - speak with us to learn how!

Eating healthy doesn't have to be expensive, there's tips and tricks making healthy eating more affordable for you and your family. Visit our website for information on our specialised services such as **Corporate Nutrition Programs**, **Reclaim the Lunchbox** sessions for parents, **Canteen Assessments** and Audits, **Community Outreach Programs**, **Cooking Demonstrations**, **One-on-One** and **Family Consultations**, and Supermarket Tours. At Nutrition NSW, we believe in healthy eating for everybody.