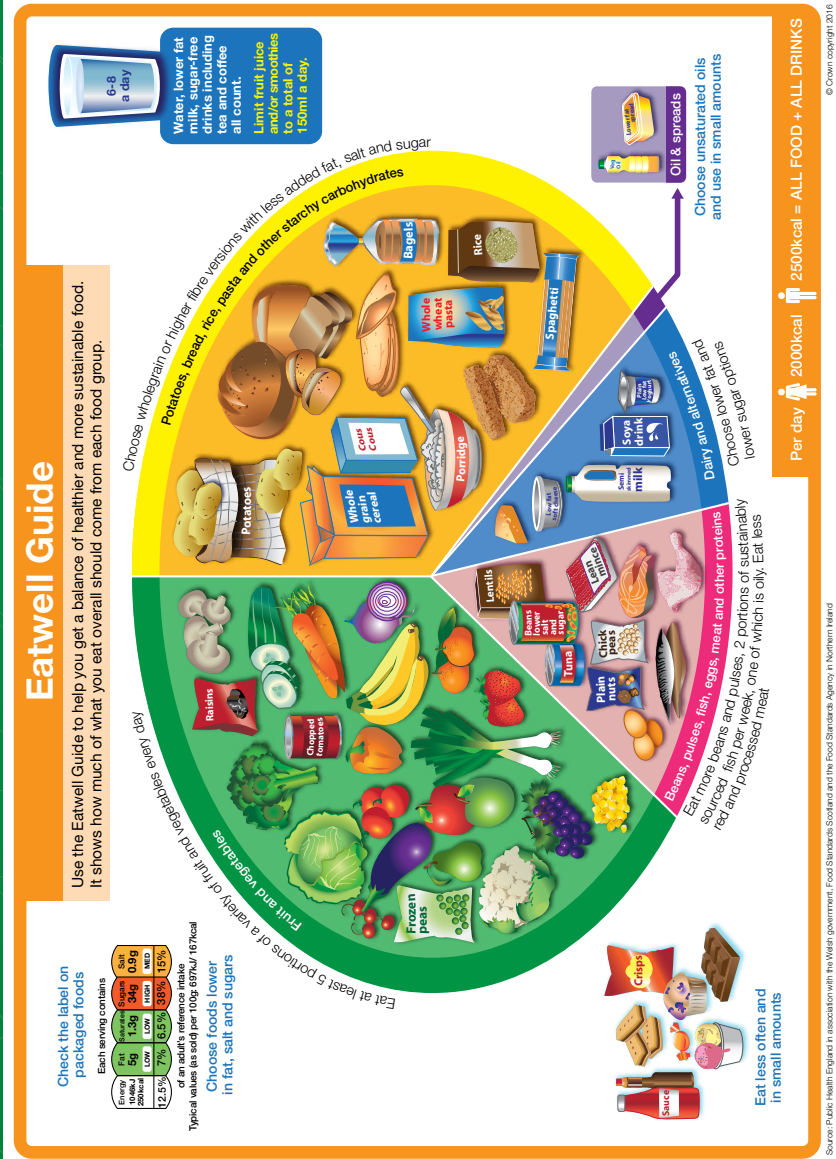


# Food Planning

The Eatwell Guide below illustrates the variety and the proportions of each food group we should eat in order to have a well balanced and healthy diet.



Eat more for less. See overleaf for tips on eating well on a budget.

# Shopping and Cooking tips

**Here are some tips to help plan shopping and cooking.**

## Shopping

- Plan your meals for the week ahead – see meal planner in this toolkit
- Check your cupboards and then make a shopping list so you only buy what you need
- Avoid shopping when hungry or you will tend to buy more food on impulse
- Buy local fruit and vegetables in season, they can be better quality, more flavoursome and cheaper
- Choose value brands especially for pastas, rice and tinned fruit and vegetables
- Stock up on frozen vegetables; these are just as good as fresh and can be used to bulk up stews, casseroles and soups
- Check and compare prices between multi-packs and single items
- Compare prices per weight using information on the shelf labels
- Shop around for the best deals
- Ask your butcher for advice on what cuts of meat are best value and how to cook them.

## Cooking

- Cook your own meals instead of buying ready meals or takeaways
- As a cheaper alternative to meat, bulk up meals with beans, lentils and peas. These are great fibre providers and a good source of protein
- Leftovers can be used for lunch or dinner the following day
- Cook extra and freeze in individual portions especially if you are cooking for one.

## Cook - it!

A six week practical 'hands on' nutrition education programme.

**Email: [cookit@belfasttrust.hscni.net](mailto:cookit@belfasttrust.hscni.net) Tel: 028 9504 2317**

**FareShare** and **FareShare FoodCloud** link local stores with in date surplus food with local charities and community groups. **Email: [meabh.austin@fareshare-ioi.eu](mailto:meabh.austin@fareshare-ioi.eu)**

**Tel: 028 9033 2230/ 9024 6440 [www.chni.org.uk](http://www.chni.org.uk)**

**Recipe ideas: [www.lovefoodhatewaste.com/recipes](http://www.lovefoodhatewaste.com/recipes)**

**[www.safefood.eu/Healthy-Eating/Recipes/101-Square-Meals](http://www.safefood.eu/Healthy-Eating/Recipes/101-Square-Meals)**