

# Shopping on a Limited Budget Guidelines



Encourage the participant to **list the items** on their grocery list in order of preference.

**Work through the list** identifying ways that the list can be altered to support the Te Wai o Rona healthy food messages.

For example:

**Bread** – Identify the type of bread: white, wholemeal or wholegrain. Encourage change to wholemeal or wholegrain. *Rivermill Split* is a similar cost to white bread.

**Type of spread - butter or margarine** – Discuss the amount purchased. Use *'Why the Fuss'* to identify the difference in the quantity of fat (tsp) on thickly and moderately spread bread. Discuss the different saturated, polyunsaturated and monounsaturated fats using the *Diabetes New Zealand Supermarket Shopping Guide*. Aim for *'Pick the tick'* margarines.

**Milk** – Identify type of milk. Use the *shock box* to compare tsp of fat in 1 litre of milk. Encourage the participant to use reduced fat or low fat milk and yoghurt. If cream is used, change down to homogenised milk.

**Meat** – Identify the type of meat and quantity with the amount purchased for each person. Is it low fat? Can the portion be reduced linking with the portion message? Use the *traffic lights* and the *quality protein* resource to identify cheaper sources of meat, chicken and fish and protein-containing foods: eggs, lentils and legumes. Can the money saved with the reduced quantity of meat be spent on fruit and vegetables?

**Cereals** – Identify the cereals used. Use the *traffic lights* resource to give high fibre cheaper alternatives.

**Fruit and Vegetables** – What quantities are purchased? Using the *'traffic lights'* resource, choose cheaper fruit and vegetable options. Use the *Veg Fed Guide* to identify fruit and vegetables in season with money saved increase the quantity, variety and colours of vegetables purchased.