

FOOD SHOPPING & MEAL PLANNING TIPS

PLANNING YOUR MEALS AND GROCERY SHOPPING WILL SAVE YOU TIME, MONEY, ENERGY AND MINIMISE WASTE. IT WILL ALSO SET YOU UP FOR STAYING ON TRACK WITH HEALTHY HABITS.

Do a weekly meal plan and write your shopping list at the same time



Keep things simple - just try out new recipes from time to time



Collect favourite recipes in a folder or on Pinterest



Have supplies to hand where you need them: in your car, in your bag, at work



Keep store cupboard essentials for times when supplies run low



Stock up on frozen vegetables, berries, meat, fish - their nutrient levels are mostly as good as fresh



Batch cook - from soups and stews to quinoa and rice



Include in your plan meals using leftover ingredients - salads, stir fries, omelettes



Food shopping options - pick the ones that fit with your lifestyle and budget

RECIPE BOXES
Great time saving option if you struggle with planning and shopping

HEALTHY READY MEALS
Look for a healthy balance of protein, carbs, veg
Check labels for E numbers and sodium (max 2.4g sodium per day for adults)

ORGANIC FOOD DELIVERY
Add seasonal variety to your menu - great for vegetables, meat and fish

GRAB & GO
Last minute options when out and about... Go for protein rich salads, porridge, soups

ONLINE SHOPPING
Convenient weekly staples - save your list for repeat orders

What to look for on the label?

Sugar content	%
Sweet foods aim for <15g/100g	%
Savoury foods <5g/100g	
Fats	%
Not all fats are bad: think oily fish, nuts, avocados	%
'Low fat' may mean added sugar	
Aim for <5g Sat Fat	
Salt	%
Max 5g per day in total	%
Low salt is 0.3g per 100g or under	

BEWARE 'HEALTH MARKETING'

'Natural', 'Organic', 'Healthy', 'Low calorie', doesn't always mean it's good

LOW CALORIE

ORGANIC

Should you buy organic?

If your budget allows, prioritise meat, eggs, dairy. Check out EWG's Dirty Dozen and Clean Fifteen lists to target plant foods with the highest pesticide levels

Store cupboard essentials



Tinned tuna, sardines, mackerel, salmon

Tinned pulses (kidney beans, chick peas, butter beans, cannellini beans, etc...)

Unsalted and unsweetened nut butters

Tahini (sesame seed butter)

Snacking seeds

Porridge oats

Wholemeal, rye or pumpernickel bread

Raw unsalted nuts: almonds, walnuts, hazelnuts, brazil nuts

Olive oil and coconut oil for cooking

Extra virgin cold pressed olive oil for salads

Oatcakes

