

# 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