# Good Value Foods for \$1 or \$2

This resource provides general information only.



## Beans and lentils

Use canned beans or lentils as a source of protein in cooked meals.

Add bean mix or chickpeas to your salad.

Great for making dips and spreads too!



#### Tuna

Great for a quick wrap or sandwich, or with wholegrain crackers.

Stir flavoured tuna and some vegetables through cooked pasta or rice for a quick meal.





#### Milk

Add to cereal for a quick meal or snack.

A glass of milk is a great snack.

Use in cooking for mornays and custard.



#### Oats

Cook with milk to make porridge, add fruit and cinnamon if you like.

Add 2 spoons of oats in your smoothie for a fibre boost.

Use in burgers or rissoles in place of breadcrumbs.



Boiled eggs can be used to make sandwiches and wraps,

Eggs on toast are a speedy

or for a quick snack.

Eggs

meal.



## Canned tomatoes

Add browned onion and garlic for a quick pasta sauce.

Add to cooked meals like casseroles, stews, curries and soups.

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## Good Value Snacks around \$1

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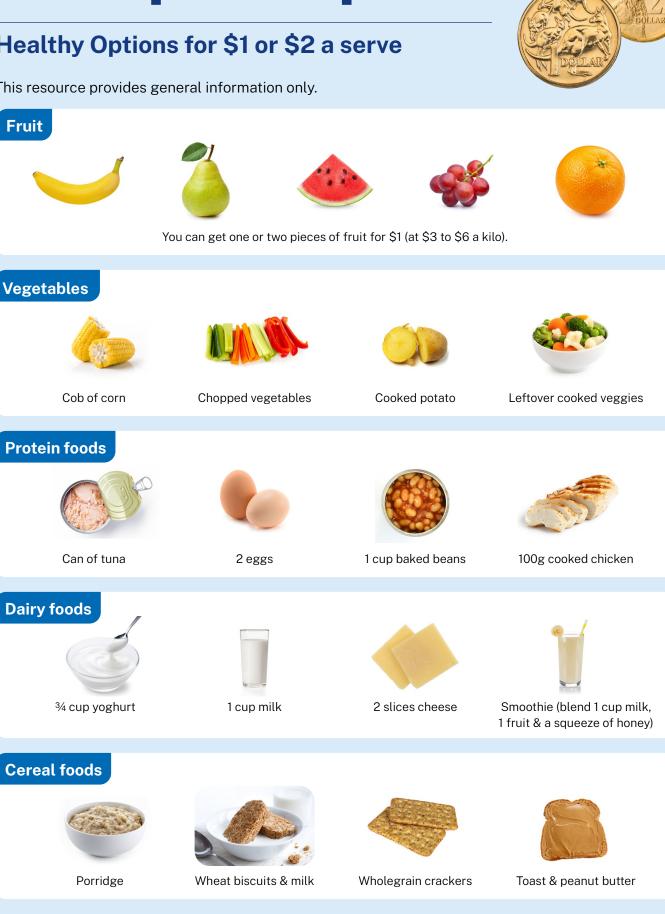
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# **Fuel Up : Cheap Eats**

#### Healthy Options for \$1 or \$2 a serve

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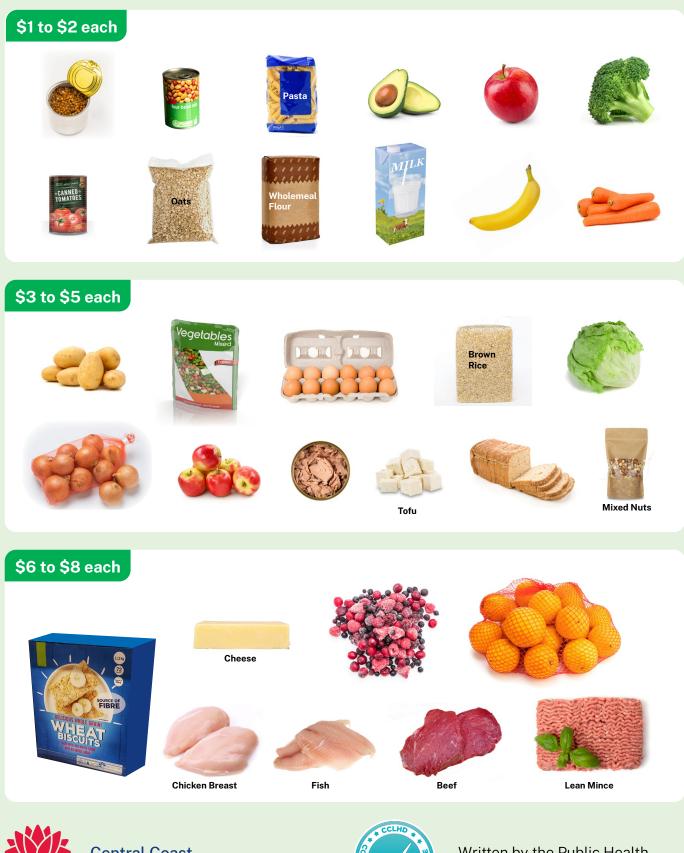
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## **Fill Up Foods**

Some of the healthiest foods don't have big TV ads or fancy packaging. Here's some ideas for your shopping trolley to fill plates and tummies with food that keeps you feeling great.

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