

# 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.



## Eggs

Boiled eggs can be used to make sandwiches and wraps, or for a quick snack.

Eggs on toast are a speedy meal.



## Canned tomatoes

Add browned onion and garlic for a quick pasta sauce.

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



Central Coast  
Local Health District



Written by the Public Health  
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# Good Value Snacks around \$1



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**Peanut butter on toast**



**¾ cup yoghurt**



**A piece of fruit**



**Wheat biscuits or porridge**



**Half a can of baked beans**



**Small can of tuna**



**Home-made fruit smoothie**



**Handful of nuts**



**Plain popcorn**



**Cheese and tomato crackers**



**Sandwich – egg, beans, salad**



**Fruit toast and a glass of milk**

# Fuel Up : Cheap Eats



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

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### Fruit



You can get one or two pieces of fruit for \$1 (at \$3 to \$6 a kilo).

### Vegetables



Cob of corn



Chopped vegetables



Cooked potato



Leftover cooked veggies

### Protein foods



Can of tuna



2 eggs



1 cup baked beans



100g cooked chicken

### Dairy foods



3/4 cup yoghurt



1 cup milk



2 slices cheese



Smoothie (blend 1 cup milk, 1 fruit & a squeeze of honey)

### Cereal foods



Porridge



Wheat biscuits & milk



Wholegrain crackers



Toast & peanut butter



# 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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## \$1 to \$2 each



## \$3 to \$5 each



Tofu

Mixed Nuts

## \$6 to \$8 each



Cheese



Chicken Breast



Fish



Beef



Lean Mince