

MANY PEOPLE THINK THAT EATING HEALTHY IS EXPENSIVE. BUT IT DOESN'T HAVE TO BE.

Here are a few healthy options that you can buy for the same price (or even less) as the unhealthy option.



- HEALTHY BUDGET-WISE OPTIONS**
- ✓ 2 slices brown bread with a boiled egg and sliced tomato
 - ✓ 1 cup (250ml) homemade popcorn
 - ✓ 1L milk or maas
 - ✓ 1 piece of grilled chicken and veg or salad
 - ✓ 1 bag of apples (± 1.5kg)

- UNHEALTHY OPTIONS**
- X 1 Kota (egg, polony, chips, achaar)
 - X Bunny chow
 - X Hamburger
 - X Small packet of crisps (30g)
 - X 2L fizzy drink
 - X 2 pieces of deep fried crumbed chicken and a portion of chips
 - X 1 slab of chocolate (150g)

5 TOP BUDGET TIPS

- Draw up a menu plan and a shopping list. Always use a shopping list when buying food.
- Look out for specials: Look for discounts, coupons, and sales, especially on store brands, which usually cost less.
- Compare unit prices (rand per gram/kilogram) listed on price tags to find the cheapest brand.
- Buy in bulk, if possible, as single size items are often more expensive than buying in bulk. Dry products and frozen foods keep well for a longer period and can be bought in bulk.
- Check the expiry/use by date/best before dates and quality of food you buy, especially when it is on sale.




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NOW MORE THAN EVER,
HEALTHY EATING HABITS
SHOULD BE A TOP PRIORITY
FOR ALL OF US.

HEALTHY FOOD IS AFFORDABLE
AND HELPS FIGHT DISEASES
SUCH AS COVID-19 
AND CHRONIC ILLNESSES.

EXAMPLE OF A MENU PLAN

MEAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
BREAKFAST	Maize meal porridge	Mabele OR Sorghum porridge	Brown bread OR Steamed bread	Oats	Mabele OR Sorghum porridge	Maize meal porridge	Brown bread OR Steamed bread	Mabele OR Sorghum porridge
	Milk OR Maas	Milk OR Maas	Peanut butter	Milk	Milk	Milk OR Maas	Margarine thinly spread	Milk
	Fresh fruit (in season)	Fresh fruit (in season)	Fresh fruit (in season)	Fresh fruit (in season)	Fresh fruit (in season)	Fresh fruit (in season)	Scrambled eggs Fresh fruit (in season)	Fresh fruit (in season)
MORNING SNACK	Ditloo OR Peanuts	Fresh fruit (in season)	Fresh fruit (in season)	Fresh fruit (in season)	Fresh fruit (in season)	Ditloo OR Peanuts	Milk OR Maas OR Yoghurt (low-fat, unsweetened)	Fresh fruit (in season)
LUNCH	Brown bread OR Steamed bread	Brown bread OR Steamed bread	Maize rice	Brown bread OR Steamed bread	Steamed Bread OR Brown bread rolls	Spaghetti OR Macaroni	Samp	Brown bread OR Steamed bread
	Mayonnaise thinly spread	Peanut butter	Stewed beef OR lamb OR pork	Margarine thinly spread	Soya mince meat balls	Pilchard fish, stewed	Grilled chicken OR Chicken stew	Left-over lentil and vegetable curry
	Boiled egg		Mixed vegetables	Milk OR Maas OR Yoghurt (low-fat, unsweetened)		Beetroot salad	Mixed vegetables	
DINNER	Tasty mince (with mixed vegetables)	Pilchard fish stew (with onion and tomatoes)	Milk OR Maas	Beans, onion, tomato, carrots stew	Chicken liver stew	Chicken hearts OR Mopani worms	Lentil and vegetable curry	Cottage pie with potato OR Sweet potato mash topping
	Rice	Mashed potato	Maize meal porridge	Samp	Maize meal porridge	Maize meal porridge	Rice	Carrots
	Butternut	Green beans		Cabbage	Spinach OR Dried Morogo OR Beetroot leaves OR Swiss chard	Tomato slices/relish	Spinach OR Dried Morogo OR Beetroot leaves OR Swiss chard	
DAILY	Water	Water	Water	Water	Water	Water	Water	Water

NB:

1. Portion size should be according to age.
2. Indigenous vegetables are recommended for use.
3. Use very little sugar, fat and salt in cooking. Remove visible fat from meat before cooking and remove the fat/oil layer from cooked meat.
4. Left-over meals can be used the next day for breakfast or lunch.

EXAMPLE OF A SHOPPING LIST

STARCHY FOODS	<ul style="list-style-type: none"> • Fortified maize meal • Mabele (sorghum) • Oats • Flour • Brown / Whole wheat bread • Rice • Potatoes / Sweet potatoes / Amadumbe • Samp • Maize rice • Macaroni / Spaghetti
VEGETABLES AND FRUIT	<ul style="list-style-type: none"> • Onions • Carrots • Butternut • Pumpkin • Tomatoes • Spinach / Imifino / Morogo / Pumpkin leaves / Beetroot leaves / Swiss chard • Beetroot • Cabbage • Green beans • Lettuce • Frozen vegetables • Fresh fruit, e.g. orange, apple, banana, pineapple, pawpaw • Any other vegetable and fruit that is locally available
DRY BEANS, PEAS, LENTILS, SOYA	<ul style="list-style-type: none"> • Beans • Lentils • Savoury soya mince • Split peas
CHICKEN, FISH, MEAT, EGGS	<ul style="list-style-type: none"> • Chicken, fresh • Chicken feet / Gizzards / Hearts • Ox / Lamb / Chicken livers • Eggs • Pilchard / Tuna / Snoek • Mopani worms • Lean Pork / Beef / Lamb stewing meat • Lean mince
MILK	<ul style="list-style-type: none"> • Low-fat milk • Maas • Low-fat, unsweetened yoghurt
OIL AND FATS	<ul style="list-style-type: none"> • Sunflower / Canola • Peanut butter • Soft margarine • Peanuts / other nuts (unsalted) • Avocado
OTHER	<ul style="list-style-type: none"> • Vinegar • Salt • Mixed herbs • Spices, e.g. curry powder, paprika, cinnamon, cumin, chili powder • Low-fat mayonnaise / Salad dressing • Sugar • Tea / Coffee

