

CYC Health Trainers

Top Tips to Save



Eating
healthy
on a
budget

FREE help
and advice



CITY OF
YORK
COUNCIL

www.york.gov.uk/CYCHHealthTrainers

Help to Buy on a Budget

Right now, as the cost of living is making it really hard for many people, you might find it difficult to put in place those healthy habits that will make the difference.

We are here to help.

Booking your first appointment

We are a team of qualified and skilled health trainers who can help you buy on a budget.

We can also help more widely on things like:

- ★ Healthy eating advice and weight management
- ★ Finding new ways to be more active
- ★ Quitting smoking
- ★ Reducing your alcohol intake
- ★ Helping you find groups and activities to get back out in the community

Our service is completely **free**, personal and confidential for anyone aged 16 and over.

Get in touch today!

Message us at: 07789 94 6384

Call: 01904 553377

Email: cychhealthtrainers@york.gov.uk



Let's start with meal planning

- ★ Plan meals for the week - write a list
- ★ Have some meat free meals
- ★ Check the cupboards and fridge before going to the shop to reduce buying foods that are not needed

Tips at the till

- ★ Choose wonky or imperfect fruit and vegetables
- ★ Visit local allotments for any surplus produce:
www.york.gov.uk/allotments
- ★ Buy frozen fruit and vegetables – it's cheaper and reduces waste
- ★ Reach for wholemeal as they keep you fuller for longer
- ★ Buy supermarket own brands
- ★ Try to shop when end of day discounts are available
- ★ If your budget allows, buy store cupboard ingredients when they are on offer
- ★ Be label savvy and compare prices per 1kg/100g as well as between brands
- ★ Use a basket or a small trolley so that you can't overfill it
- ★ Track your spend and use a 'scan and go'
- ★ Don't shop on an empty stomach – you may buy more
- ★ Cheaper products are not always at eye level. Check out all the shelves
- ★ Consider loose produce, it's often cheaper than packaged
- ★ Stick to the list!



Eat more, for less

- ★ Bulk up meals with beans, pulses, lentils and vegetables
- ★ Batch cook for a few days and use the oven once, then reheat in the microwave
- ★ Portion out food, don't overeat and freeze
- ★ Aim to cook one meal for all the family as serving up several different meals costs more and can lead to more waste



Reduce waste and save

- ★ Use leftovers for tomorrow's lunch
- ★ Become aware of 'use-by' and 'best before' dates. Always smell, taste and look as food could be perfectly safe to use past these dates
- ★ Leave fruit and vegetable skins on wherever possible. If peeling, some can be added to recipes like soups or stews
- ★ Keep food fresh. Store fresh vegetables in the fridge if possible. They will last longer, and you will throw less away
- ★ Organise your fridge and cupboards so you know and can see what you have

Cost of your appliances

- ★ Microwaves and pressure cookers tend to be the most energy efficient
- ★ If you are cooking on the hob, use the smallest pan you need and put a lid on it to speed up cooking
- ★ When using the kettle only boil the amount of water you need, but if you have leftover boiling water, you can put it in a flask to use for hot drinks later
- ★ Switch off the plug to avoid appliance costs such as the dishwasher, microwave or toaster

Appliance	Cost Per Day	Cost Per Hour
Electric Cooker	87p	
Dual Fuel Cooker (gas and electric)	72p	
Gas Cooker	33p	
Slow Cooker	16p	5p per hour
Air fryer	14p	30p per hour
Microwave	8p	1.98p every 5 minutes
Hob		68p per hour
Oven		34p every 20 minutes

Budget friendly swaps

Swap meat for veggies

- ★ Tinned mixed beans
- ★ Lentils
- ★ Tofu
- ★ Tinned chickpeas
- ★ Some meat substitutes



Swap fresh fish for tinned or frozen fish

- ★ Tinned salmon, sardines, mackerel and pilchards (oily fish once a week)
- ★ Frozen fish fillets or pieces without added sauces or coatings are usually healthier than fish fingers or other breaded or battered

Swap chicken breast for skin on with bone

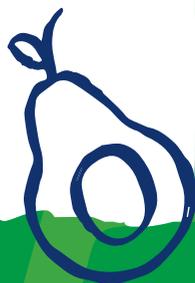
- ★ Frozen chicken thighs
- ★ Budget cuts of meat such as whole chicken legs
- ★ Try cooking a whole chicken and breaking it down into individual pieces

Swap cereals for porridge oats

- ★ Porridge oats are a healthy choice, and cheaper than many cereals
- ★ If you don't want to make porridge, you could try overnight oats (just soak porridge oats overnight in water, or low-fat milk or plant milk, mix in a pinch of cinnamon and some fruit)

Swap sugary snacks for healthy snacks

- ★ Try to choose fruit, plain low-fat yoghurt and unsalted nuts for a more filling and nutritious choice
- ★ Bananas, satsumas and apples make good-value snacks and don't need any preparation
- ★ If you have a little more time, making carrot and celery sticks can be even cheaper per portion, and any leftovers can be used in soups or stews
- ★ Peanuts, sunflower seeds and pumpkin seeds are usually the most affordable nuts and seeds



CYC Health Trainers

Help to Buy on a Budget

For recipe ideas or support with food in the community,
visit: www.york.gov.uk/CYCHHealthTrainers

Get in touch today!

Message us at: 07789 94 6384

Call: 01904 553377

Email: cychhealthtrainers@york.gov.uk



York Health Trainers