

Heart-healthy groceries on a budget

Staying on budget at the grocery store can feel challenging, but using some simple, budget-friendly tips can help you keep your costs down.



Prioritise plant-proteins

Swap for plant-based proteins like canned or dried beans, legumes or tofu.



Buy in season

Fruits and vegetables in season are often cheaper, and fresher too!



Visit your local farmers market

Markets can be a great way to find fresh, seasonal produce at cheaper prices.



Look for 'imperfect' produce

Odd-shaped fruits and vegetables are just as healthy and delicious and often cost less.



Add frozen and canned fruits and vegetables

They're a budget friendly and healthy option, especially when fresh isn't available.



Balance convenience and cost

Options like pre-prepared meats, pre-cut vegetables and grated cheese are convenient but come with an added cost.



Look for home-brand options

Supermarket home-brands are often cheaper than big-brand names.



Buy in bulk

Buying larger packs of foods you use regularly saves money over time.



Compare unit prices

Use unit prices to find the best value for money for similar products.



Look for specials and sales

Shop around for specials and sale items to save money.

We're here to help!

For more healthy eating tips and tools, visit our website!

heartfoundation.org.au

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HH-PFN-050.1.0225