



DO YOU THINK YOUR BUDGET WON'T ALLOW YOU TO EAT MORE VEGETABLES AND FRUIT?

TRY THESE TIPS:

- ① Vegetables and fruit that are in season are usually much more affordable to buy. Find out what types of vegetables and fruit grow well in your area.



- ④ If a freezer is available, consider frozen vegetables as an affordable option.



- ② To prevent food spoiling and wasting money, you can buy vegetables and fruit that stay fresh for longer such as butternut, carrots, cabbage, beetroot, onions, apples and oranges.



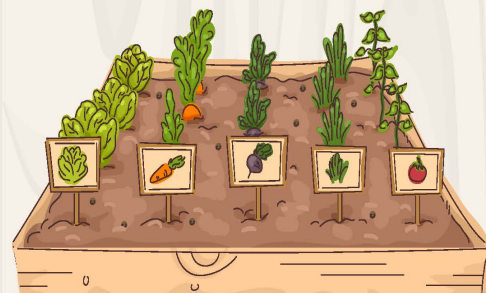
- ⑤ Make vegetable soup or stew with vegetables before they spoil to prevent food waste.



- ③ Buy fruit and vegetables in bulk especially when they are on special. You can cut them up and freeze them to use later.



- ⑥ Certain vegetables such as spinach, carrots, tomatoes and green beans are relatively easy to grow. Homegrown vegetables can be much cheaper than store-bought vegetables.



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