



5-A-Day on a budget

1 Buy fruit and vegetables loose rather than pre-packaged.

Loose fruit and veg can be as little as half the price.

2 Fruit and vegetables are usually cheaper if they're in season.

You can find out what's in season at the **Love British Food** website.

3 Replace your morning or afternoon snack with a piece of fruit.

A banana or an apple costs around 20p at the supermarket, about half the price of most chocolate bars or packets of crisps. The savings add up and so do the health benefits.

4 Don't throw away vegetables that are about to go out of date.

Use them in stews, soups and casseroles, which you can freeze and eat another time.

5 Look for supermarket deals on fruit and vegetables.

Sometimes there are offers such as buy-one-get-one-free.

6 Buy frozen and tinned fruit and veg, such as frozen peas and tinned pulses and beans.

They are often cheaper than fresh varieties, can be used more efficiently and stay fresher for longer!



7 If you buy canned fruit and veg, look for those in water or fruit juice, without added salt or sugar.

Supermarket own-brand varieties are usually the cheapest.

8 Swap ready-meals for homemade alternatives.

Vegetables in dishes such as stews, bakes, casseroles and curries count towards your 5-A-DAY, and cooking these dishes yourself is often cheaper than buying them ready-made.

9 Cook in bulk and freeze portions to eat at another time.