

# Guidelines for shopping on a limited budget

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Encourage the participant to list the items on their grocery list in order of preference. Work through the list identifying ways that the list can be altered to support the Te Wai O Rona (Diabetes Prevention Strategy) healthy food messages.

**For example:**

## **Bread**

Identify the type of bread: white, wholemeal or wholegrain. Encourage change to wholemeal or wholegrain. *Rivermill Split* is a similar cost to white bread.

Type of spread – butter or margarine

Discuss the amount purchased. Use 'Why the Fuss' to identify the difference in the quantity of fat (tsp) on thickly and moderately spread bread. Discuss the different saturated, polyunsaturated and monounsaturated fats using the *Diabetes New Zealand Supermarket Shopping Guide*.

Aim for 'Pick the tick' margarines.

## **Milk**

Identify type of milk. Use the 'shock box' to compare tsp of fat in 1 litre of milk. Encourage the participant to use reduced fat or low fat milk and yoghurt. If cream is used change down to homogenised milk.

## **Meat**

Identify the type of meat and quantity with the amount purchased for each person. Is it low fat? Can the portion be reduced linking with the portion message?

Use the traffic lights and the quality protein resource to identify cheaper sources of meat, chicken and fish and protein containing foods: eggs, lentils and legumes. Can the money saved with the reduced quantity of meat be spent on fruit and vegetables?

## **Cereals**

Identify the cereals used. Use the 'traffic lights' resource to give high fibre cheaper alternatives.

## **Fruit and Vegetables**

What quantities are purchased? Using the 'traffic lights' resource, choose cheaper fruit and vegetable options. Use the *Veg Fed Guide* to identify fruit and vegetables in season with money saved, increase the quantity, variety and colours of vegetables purchased.