

How to shop smart

Simple ways to save money on food



Food is more than what is on the plate. It is about health, connection, culture and community.

How you shop can make a big difference to your food budget. Small changes can help your money go further while still putting simple, nourishing meals on the table.

Plan before you shop...

A little planning can save money and reduce waste:

- Check what you already have
- Write a simple list
- Plan a few flexible meals

Look for value

- Unit pricing matters
- Check price per kg or litre
- Bigger packs are often cheaper for staples

Buy what is in season

- Seasonal food is usually cheaper
- Often fresher and better quality

Shop across different places

Supermarkets

- Good for staples (rice, pasta, tins)
- Look for home brand options

Local stores and grocers

- Can have good specials
- Often fresh and seasonal

Farm gates and markets

- Fresh, local produce
- Can be cheaper depending on season

Be flexible

- Swap ingredients based on price
- Choose what's on special
- Don't stick too tightly to one recipe

Stretch your shop further

- Build meals around lower-cost ingredients like rice, pasta and vegetables
- Add lentils or beans to bulk out meals
- Choose whole ingredients over pre-packaged where possible

Small habits that help

- Try not to shop when you're hungry
- Stick to your list
- Check what you already have before buying more

TOP TIP

Mix where you shop. Buy staples from supermarkets, and fresh produce locally where possible.

If you need extra support to get through, see our **WHEN YOU NEED A LITTLE EXTRA SUPPORT Information Sheet**.

Food costs are rising, and many households are feeling the pressure.

Making your budget stretch isn't always easy, small changes over time can help.

This resource is part of Eat Well Tasmania's work to support a more connected, affordable and resilient food system across Tasmania.