

Feeding a family of 4 with \$60

Simple, nourishing meals using seasonal, everyday foods



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

This guide is designed to help make food go further, reduce waste, and support everyday meals using simple, affordable ingredients.

Why this matters...

At Eat Well Tasmania, we know food is more than nutrition.

It is connection.

It is dignity.

It is culture.

It is how we care for ourselves and each other.

Right now, many households are doing it tough.

Rising costs are making food harder to grow, move, and afford.

This guide isn't about doing it perfectly. It is about making it work, using what you have, and building everyday food resilience at home.

What does "food resilience" look like at home?

It looks like:

- Cooking once and eating twice
- Using the whole ingredient
- Turning leftovers into something new
- Choosing seasonal, local food where possible
- Sharing simple meals together

The \$60 Shopping List

(Prices will vary – this is a guide only. Look for specials, bulk options, and seasonal produce to get the best value.)

Feeding a family on a tight budget is hard, and no one should have to do it. These ideas are about making things a little easier where possible.

Fresh Produce (buy seasonal and local where possible)

- 1kg carrots
- 1-2kg of pumpkin
- 1 cabbage
- 1kg potatoes
- 2-3 onions
- 1-2 zucchini (or seasonal veg)
- 1 head broccoli or cauliflower
- 1 bunch bananas
- 4 apples/pears

Protein and Dairy

- 12 - 18 eggs
- 500g-1kg mince (beef, chicken, or mixed)
OR 500g-1kg sausages
- Small pack chicken (optional or alternate to mince)
- 1-2L milk
- Small amount of cheese (optional but helpful)

Pantry Basics (buy/store brands)

- 1 loaf bread
- 1-2 cans tomatoes or pasta sauce
- 1kg rolled oats
- 1kg rice
- 500g pasta
- 1 can beans or lentils

Pantry staples that make this work

(Assumes you may already have some or all of these)

- Oil or butter
- Salt and pepper
- Garlic (fresh or powder)
- Herbs/spices (mixed herbs, curry powder)
- Flour (optional but helpful)
- Soy sauce / stock (if available)
- Sugar or golden syrup



Breakfast Options

Oats

- Oats + milk/water + banana
- Add grated apple or carrot for variety

Toast

- Toast + egg
- Toast + baked beans

Simple fruit breakfasts

- Banana + toast
- Apple slices + oats

- Pancakes with fruit or eggs

TOP TIP

Cook a big pot of oats and reheat across the week

How to make it stretch

- Small habits can make a big difference:
- Cook once, eat twice
- Use half meat, half lentils/vegetables
- Bulk meals up with vegetables, add grated vegetables into sauces/bases
- Use leftovers for lunch
- Turn scraps into something new
- Serve with bread, rice, or oats to fill everyone up
- The following are some examples. Swap meals based on what is available, affordable, and what your household enjoys.

Lunch Options

Sandwiches

- Egg sandwiches
- Leftover chicken or mince
- Mashed beans
- Veg + cheese

Vegie muffins (make once, use all week)

Add grated carrot and/or zucchini

Mix with:

- Flour, egg, milk, oil
- Add optional cheese

TOP TIP

Bake a big batch, these are great for lunch boxes or quick meals

Snack Plates (great for kids)

- Fruit
- Veg sticks
- Bread
- Boiled egg
- Add some dip if you have some available (i.e. a tin of chickpeas into hummus with pantry staples)

Leftovers

- Soup
- Pasta
- Rice dishes
- Last night's dinner, when possible

Dinner Plans

Simple, filling, family-friendly meals

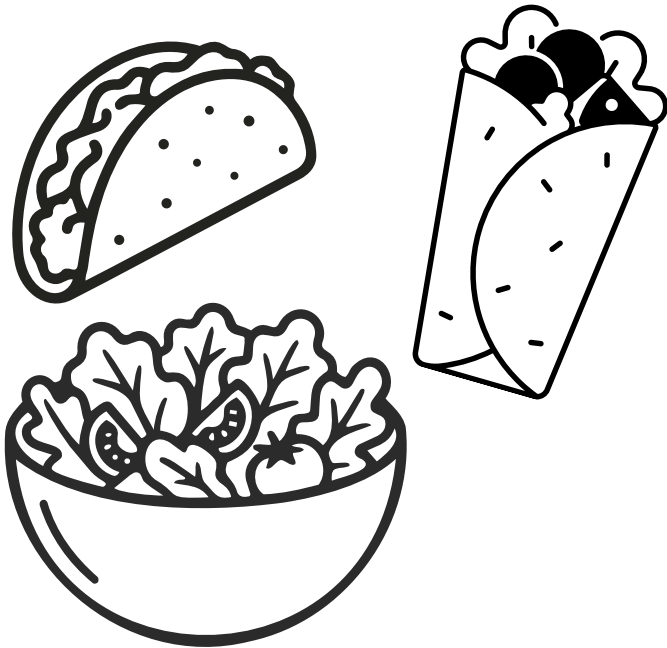
OPTION 1	OPTION 2	OPTION 3	OPTION 4
<p>Day 1: Roast Chicken and Veg</p> <ul style="list-style-type: none"> Roast chicken pieces Potatoes, carrots, pumpkin <p>Tip: Save leftovers for other meals</p>	<p>Mince stretch plan One cook-up → multiple meals</p> <p>Day 1: Spaghetti Bolognese (Veg-Boosted)</p> <ul style="list-style-type: none"> Mince Tomato Grated carrot, zucchini, onion <p>Tip: Make a big batch</p>	<p>Day 1: Sausage, Potato and Veg Tray Bake</p> <ul style="list-style-type: none"> Sausages Potato, carrot, onion <p>One tray, low effort and save leftovers</p>	<p>Vegetarian options</p> <p>Day 1: Lentil and Veg Bolognese</p> <ul style="list-style-type: none"> Lentils Tomato Grated carrot, zucchini <p>Tip: Make a big batch</p>
<p>Day 2: Chicken and Veg Fried Rice</p> <ul style="list-style-type: none"> Leftover chicken Rice Mixed vegetables (carrot, cabbage, broccoli) Egg stirred through 	<p>Day 2: Pasta Bake or Lasagne</p> <ul style="list-style-type: none"> Use leftover bolognese Add pasta + cheese (if available) 	<p>Day 2: Sausage Fried Rice</p> <ul style="list-style-type: none"> Leftover sausages (sliced) Rice Cabbage + carrot Egg 	<p>Day 2: Pasta Bake (using leftovers)</p> <ul style="list-style-type: none"> Lentil bolognese Pasta Optional cheese
<p>Day 3: Vegetable Pasta</p> <ul style="list-style-type: none"> Pasta Tomato sauce Grated + chopped veg <p>Tip: Make extra for lunches</p>	<p>Day 3: Leftovers Night</p> <ul style="list-style-type: none"> Reheat pasta bake Or freeze for another week 	<p>Day 3: Simple Tomato and Veg Pasta</p> <ul style="list-style-type: none"> Pasta Tomato Add grated carrot + zucchini <p>Tip: Make extra for lunch</p>	<p>Day 3: Veg and Potato Hash + Eggs</p> <ul style="list-style-type: none"> Pan-fried potato, carrot, greens Top with fried egg
<p>Day 4: Hearty Vegetable Soup</p> <ul style="list-style-type: none"> Pumpkin, carrot, potato, onion Add beans or leftover chicken <p>Tip: Serve with bread and add noodles, rice or pasta to bulk up soups, stews and stir fries to make it stretch further</p>	<p>Lunches sorted</p> <ul style="list-style-type: none"> Bolognese on toast Pasta leftovers Freezer meals for busy days 	<p>Day 4: Chickpea and Veg Curry (mild)</p> <ul style="list-style-type: none"> Chickpeas Potato, carrot, cabbage Curry powder (if available) <p>Serve with rice</p>	<p>Day 4: Pumpkin Soup</p> <ul style="list-style-type: none"> Pumpkin, carrot, onion Blend or mash <p>Serve with toast</p>
<p>Day 5: Egg and Veg Fried Rice or Scramble</p> <ul style="list-style-type: none"> Eggs Leftover rice or veg Simple, quick, filling 		<p>Day 5: Loaded Baked Potatoes</p> <ul style="list-style-type: none"> Baked potatoes Topped with: <ul style="list-style-type: none"> Veg Beans or egg Small amount of cheese (optional) 	<p>Day 5: Veg Fried Rice</p> <ul style="list-style-type: none"> Rice Egg Mixed vegetables
<p>Day 6: Chicken and Veg Stew</p> <ul style="list-style-type: none"> Use remaining chicken (bones for flavour if possible) Bulk with veg <p>Tip: Serve with bread or rice</p>		<p>Day 6: Veg and Egg Frittata</p> <ul style="list-style-type: none"> Eggs Leftover veg Potato or sweet potato <p>Great for dinner + lunch</p>	<p>Day 6: Savoury Pancakes</p> <ul style="list-style-type: none"> Flour, egg, milk Add grated veg
<p>Day 7: "Use It All Up" Night</p> <ul style="list-style-type: none"> Leftover soup, pasta, or stir fry Mix remaining veg into one final meal 		<p>Day 7: Big Veg Soup</p> <ul style="list-style-type: none"> Use remaining veg Add lentils/chickpeas if left <p>Serve with toast</p>	<p>Day 7: "Use-It-All-Up" Soup or Stir Fry</p> <ul style="list-style-type: none"> Combine remaining ingredients



Alternate affordable options

- Chicken wraps (wraps, lettuce, cheese, carrot, chicken strips, mayo, sweet chilli sauce)
- Burgers (bun, pattie, lettuce, cheese, carrot, beetroot, mayo, sauce)
- Tacos (wraps, mince, taco seasoning, lettuce, cheese, tomato and sour cream)

Add a salad or side dish to make this go further if needed.



Dessert

Because joy matters too!

Dessert Options: Choose one:

Apple Crumble

- Apples + oats + a little sugar

Golden Syrup Dumplings

- Flour + water dumplings
- Simple syrup

Fruit Salad: whatever fruit you have

- Stewed fruit

Simple pancakes (flour, milk, egg)

Fruit + yoghurt (if available)

Remember: Dessert doesn't need to be fancy — just shared

Small tips that make a big difference - Tips to make food go further

- Bulk it up: Add veg to everything — it fills plates and adds nutrition
- Cook big batches: One big cook-up saves time, money, and stress — and can equate to dinner and lunch or freezer supplies!
- Use leftovers intentionally
- Use the whole ingredient
- Broccoli stems → slice into stir fry
- Chicken bones → soup
- Keep it simple: Familiar meals = less waste
- Seasonal = cheaper: Buy what's in season, it's better value and tastes better
- Freeze when you can and when the produce is still fresh/edible
- Swap ingredients based on what's cheapest
- Use frozen veg if it's better value
- Don't aim for perfection — aim for full bellies



Making the most of what you buy – using ingredients across multiple meals

With planning you can create multiple meals from a limited shop by using ingredients across different dishes.



ITEM	OPTIONS
Chicken	<ul style="list-style-type: none"> • Roast → fried rice → stew • = One protein, three meals
Mince	<ul style="list-style-type: none"> • Spag bol → pasta bake → lunches
Sausages	<ul style="list-style-type: none"> • Tray bake • Fried rice • Curried • In onion and gravy with mash
Carrots	<ul style="list-style-type: none"> • Roast vegetable • Pasta • Soup • Snacks • Muffins
Pumpkin	<ul style="list-style-type: none"> • Roast • Soup • Mash into pasta sauce
Cabbage	<ul style="list-style-type: none"> • Fried rice • Slaw • Soup • Curry • Stir Fry • Bulk up mince
Potatoes	<ul style="list-style-type: none"> • Roast • Soup • Mash • Tray bake • Baked potatoes • Frittata • Curry
Eggs	<ul style="list-style-type: none"> • Breakfast • Fried rice • Frittata • Quiche • Sandwiches

Feeding a family on \$60 is incredibly hard – and no one should have to do it.

These ideas are about making things a little easier where possible.

With planning, simple ingredients, and making the most of what you have,

it is possible to create meals that are filling, nourishing, and shared together.

Every time you:

- cook at home
- use what you have
- share a meal

You are building food resilience – for your household, your community, and Tasmania’s future.