

SHOPPING list

Freeze bread to keep for longer and stop getting mouldy

Aim for fruits and veg that are in season!

FRUITS AND VEG

GRAINS & CARBS

Consider long life carton or alternative milks for longer lasting milk

DAIRY

Meat can be frozen and stored for longer

LEAN PROTEINS

Rice crackers, dried fruit and nuts are great, cheap snacks that last in the pantry for a long time!

SNACKS