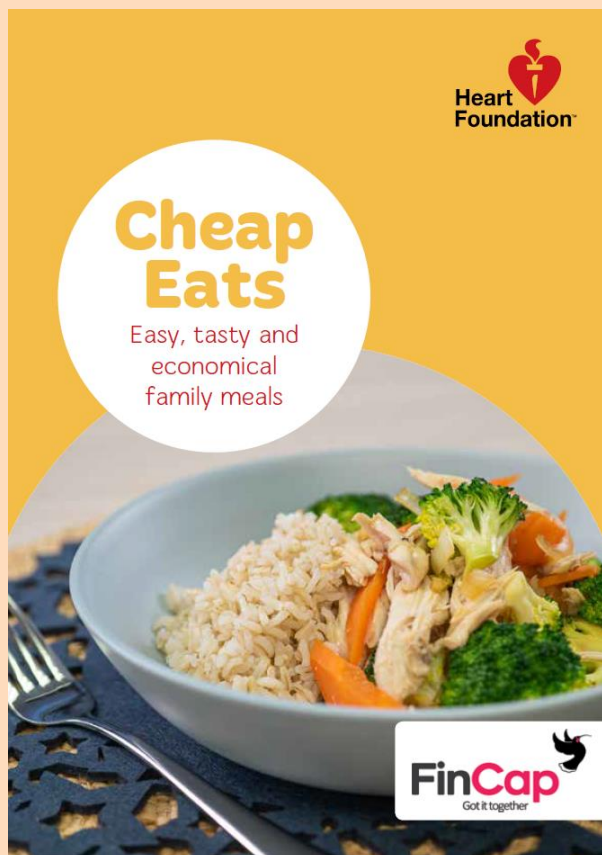


SAVING MONEY ON FOOD THIS WINTER



As winter hits it can be easy to reach for comfort or convenience foods. Here are some cost saving tips for having a few cosy meals up your sleeve this winter:

- 1. Cook once, eat twice** – Plan meals that will last for two nights, so that you can reheat the following night.
- 2. Veg up meals** – Make the meat in your meals go further by adding extra fresh, frozen or tinned vegetables like grated carrot or frozen peas. Legumes like red lentils can also be added to soups, casseroles and other meat dishes to add texture while also reducing the cost!
- 3. Freeze leftovers** – Freeze leftovers in individual portions so you can have a meal ready in a flash. Some examples of freezer friendly meals are corn fritters, dahl curry, soups and bolognese sauce.

Look out for our revamped [Cheap Eats cookbook](#) being released this month

For more information visit heartfoundation.org.nz