

# Making takeaways at home



Takeaways for a family of four (2 adults and 2 children).



## Fish and chips takeaway meal

Four pieces of fish with two scoops of chips  
= **Total cost \$18.00\***



Switch to

## Buy prepared from the supermarket

One x 500g frozen crumbed fish fillets (six pieces), 1kg frozen chunky cut fries and one bag of frozen peas = **Total cost \$10.67\***

Modify texture as necessary for 1-2-year olds (chop fish fillets into finger sized pieces and mash peas). Adding these items to your shopping list can save you money and be just as quick to prepare in the oven. You'll even have leftovers!



## Make the Switch

Save \$7.33 and have leftovers for another meal, added vegetables and the opportunity to lower the salt content for your children.

*\*Prices accurate as at October 2020. Prices may vary in regions*