

# \$hopping Tips



**Between the pandemic affecting supply chains, and the hot, dry summer, feeding our whānau has become very expensive and complicated, with face masks, isolation requirements and stock shortages only adding to the stress. So here are some suggestions that might help put dinner on the table and save some \$\$\$.**

## 1 Swap

Swap fresh veggies for frozen; right now, they're cheaper and there is no waste. Use canned tomatoes to stretch pasta or mince dishes, and a can of sweetcorn makes great fritters, or add some to just about any rice dish.

## 2 Extend

Choose meals that will make your meat go a long way; fried rice dishes, pasta and homemade pizzas are all good for extending meat. Chop it small, shred it when cooked, or use mince, sausage meat, a little bit of bacon...

## 3 Add

Add rinsed canned lentils or other canned beans to your meal, mince dishes in particular (mash them if you need to hide them from the kids). They're already cooked and will add protein, iron and fibre. They're super nourishing and filling and make it go further, as well as adding nutrients.

## 4 Quick

Eggs are a great source of protein and they're quick to cook. Three eggs can turn a stale loaf of bread and a can of peaches into a yummy pudding to fill the kids up or make it a savoury dish with crumbled cooked sausage meat or chopped-up sausage, some onion, herbs and cheese.

## 5 Bake!

Do some baking to fill up the kids. Choose bakes that don't need much butter as it's very expensive. Scones are quick and cheap to make and very filling, great for after-school snacks or in the lunchbox, or use the dough for quick homemade pizza bases. You can toast them for breakfast or spread the dough with Marmite and cheese and roll into scrolls. Add dried herbs and some cheese to the dough or chopped-up bacon or sausage for a filling and savoury snack. Or make roti or soda bread...