

Eat **healthier** and spend **less**

10 **tips** to make the most of your Euros

There are many ways to save money when buying food. The three main steps are:

plan before buying
purchase items at the best price
cook your meals at home

1

Very important: make a plan!

Before heading to the grocery store, plan your meals for the week. This will help you to avoid impulse purchases of unnecessary food, the “extras” that often increase the bill. You should often include dishes like stews and ragouts made from beans and vegetables. These dishes are cheap and nutritious. Don't forget about the food stocks that you may have already stored at home (in the pantry, in the refrigerator or the freezer) and make a list of what you need to buy.



2

Look for the best price and compare

Check your local newspaper, the advertisements in the local shops, markets and supermarkets looking for special deals and discounts. Ask for loyalty cards that offer additional savings, and ask if there are special discounts on certain days. Look for special daily or weekly deals. Ask or look for the unit price (price per kg) posted on the shelf below the product. It's useful to compare different brands and different sizes of the same brand in order to identify the best price/quality ratio.



3

Buy seasonal food

Buying seasonal fruit and vegetables can reduce the cost and increase the freshness and flavour of the products. If you're not going to use everything you bought, you can cook some of the vegetables and freeze them, or else make fried, stewed, roasted or stir-fried vegetables that can come with the main dish during the whole week. If you can, buy food in bulk, which is often cheaper.



4

Food items designed to save time in the kitchen... may be more expensive

The so-called convenience food items (fourth range, processed food, etc.) such as frozen meals, precooked meals, precut vegetables and salads ready to eat, instant rice – all designed to save time in the kitchen – may cost you more than unprocessed food items.



5

The most interesting food items are... nutritious, cheap and taste well

There are certain food products that are usually inexpensive throughout the year. For example, beans offer a rich nutritional value at a very low price, and eggs contain a large quantity of animal protein, and they are cheaper than meat or fish and excellent substitutes for these. Among dried fruit, hazelnuts are usually the cheapest. There's currently a big choice of high quality fish raised on fish farms for a very good price. Among cheap and nutritious types of fish are mackerel, sardines and anchovies. Chicken and rabbit are kinds of lean meat that can be considered too. As for vegetables, we should always pick those that are

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in season and abundant. Frozen vegetables are a good option too. As for fruit, remember to select the fruit of the season: oranges, tangerines, apples and pears in winter, watermelons, melons, peaches and albaricoques in summer.

6

Cook once and eat for the whole week!

Whenever you have a spare moment during your day off, prepare some recipes that you will eat during the week. For example, cook beans, rice or pasta, boil potatoes in their skins, prepare some sauces. Put all this in small containers and refrigerate or freeze. You can use them throughout the week combined with fresh food that you will buy. If you need recipes or advice about cooking and how to make the most of food products, ask elderly family members, grandparents, friends and neighbours, people who often have a lot of experience.



7

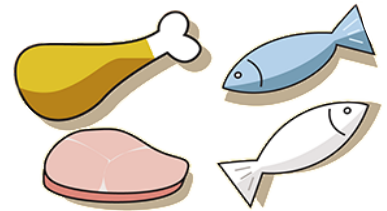
Adjust the quantities... and let creativity flow

Adjusting portion sizes to people's needs will help to avoid leftovers. Reusing the leftovers by changing the dish composition and adding spicy and herbal ingredients and seasonings is an excellent way of cost reduction. For example, add some stirfried vegetables to the leftover chicken or just slice it and make a salad. Leftover boiled vegetables can be used to make a good "trinxat" (cabbage and potato stew), etc. Remember: throwing away food is throwing away money!

8

Store food properly

Check the temperature in the refrigerator and keep your food storage room clean and in order. A food item which is stored improperly gets spoiled sooner and can be dangerous to your health. You may consult these additional rules for safer food online.



9

If you eat out...

Eating out rather than at home can often be very expensive. Save money by taking advantage of special deals, discounts, balanced one-dish meals, daily specials, etc. Remember that a lunchbox or a sandwich and fruit can be great allies. Water is the healthiest and cheapest drink.

10

"Extras" driving up the bill

Candies, sugary drinks, pastries, pre-cooked meals, savory snacks, sweets, alcoholic drinks, etc. should not be regular items in your shopping cart. They are not really necessary and they may jeopardize a balanced diet as well as your budget.



For more information: <http://salutpublica.gencat.cat>
<http://canalsalut.gencat.cat>

Adapted from: Department of Agriculture.
 Center for Nutrition Policy and Promotion.
 September 2011

To eat **well, tasty** and **cheap**

Planning lunches and dinners for a summer week

Lunch	Dinner
Macaroni and cheese with sautéed vegetables Grilled sausage with lettuce and carrot salad Watermelon	Steamed green beans with potatoes Roasted chicken leg with tomato and onions Apple
Lentil salad with mustard vinaigrette Breaded hake baked with zucchini and onion Peach	Melon soup with pieces of toasted bread Omelette with olive and tomato bread Yogurt
Gazpacho Noodles with pork chop casserole Melon	Mixed salad with apple Grilled turkey and aubergine Sliced pear with yogurt
Rabbit with sliced potatoes, baked tomato and onions Diced apple and banana with chocolate	Rice pudding Baked gilthead bream with vegetables Plums
Stuffed eggplant (vegetables and rice) Fried sardines with lettuce and tomato salad Apricots	Leek and potato cold cream soup Loin with roasted aubergine Peach
Chickpeas salad Grilled mackerel with lettuce and olive salad Watermelon	Tomato, corn and pasta salad Zucchini omelette Yogurt
Salad with walnuts, raisins and pine nuts Paella with vegetables, meat and shellfish Fresh fruit salad with fresh mint	Gazpacho Homemade pizza with vegetables, ham and cheese Melon

Drink **water** | Eat **Bread** with your meals | Use **Olive oil** for dressing and cooking

Cold cream with leek and potatoes

Ingredients for 4 persons

2 medium size leeks
3 medium size potatoes
1 small onion
Water
2 spoonfuls of olive oil
5 spoonfuls of milk cream
Salt and pepper

Preparation

1. Chop leeks, potatoes and onions into small pieces.
2. Fry the onions lightly over a low flame, then add the leeks. 5 minutes later add potatoes and a touch of salt and pepper, and leave it on the fire for another 5 minutes.
3. Add water enough to cover the vegetables and cook for 30 minutes.

4. Once it is done, drain the vegetables and keep the broth.
5. Mash the vegetables and add the broth until you achieve the desired consistency. Then add the milk cream and mix it well.
6. Keep the cream in the refrigerator until you are ready to eat it.

Culinary observation

Instead of the milk cream you can use milk, a vegetable drink or cheese.

Diet observation

Cold vegetable cream is an excellent opportunity to include vegetables into the weekly menu during hot seasons. To be served ideally as a starter, the second dish should consist of meat or fish garnished with raw vegetables.

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Planning lunches and dinners for a winter week

Lunch	Dinner
Chickpeas with spinach and egg Tomato salad with fresh cheese Pear	Vegetable stew with potatoes Chicken skewers with mushrooms Grape
Mussels with rice Mixed salad with toasted hazelnuts Banana and orange	Pumpkin cream Hamburger with onion and French fries Yogurt
Lentil stew Lettuce, onion and olive salad Mandarins	Broccoli and carrot gratin Baked mackerel with tomato Apple
Baked pasta with tomato and cheese Strips of Catalan sausage with baked artichokes Yogurt	Rice and vegetable soup Eggplant omelette with tomato bread Mandarins
Mashed potato and cabbage Grilled turkey with curry and lettuce Grapes	Zucchini gratin Loin baked with onions Pear
Vegetable stew with noodles and meat Fresh fruit salad	Endive and orange salad Cheese omelette with tomato bread Banana
Spinach Cannelloni Chicken with prunes and almonds Orange with honey	Breaded hake with tomato and carrot salad Sliced apple with yogurt

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Rice with mussels and artichokes

Ingredients for 4 persons

300 g rice (Raw)
4 artichokes
750 g mussel shell
1 large onion
2 large ripe tomatoes
1 clove of garlic
2 l of broth (vegetable and mussels)
4-5 tablespoons of olive oil
1 teaspoon chopped parsley
Salt

Preparation

1. Make a sauce with onion, garlic, tomato and oil
2. In a separate pan sauté the peeled and chopped artichokes well and once done add the sauce.
3. In a saucepan place the clean mussels. Cover the pot to steam open.

4. Strain the liquid that have evolved, and cook it.
5. Then, add the rice to the sauce, stir and leave a couple of minutes.
6. Add the vegetable and mussels broth. Season with salt.
7. Add the mussels a few minutes before the rice is done.
8. Serve in a bowl with some chopped parsley on top.

Culinary observation

This recipe can also be prepared with cuttlefish or squid.

Diet observation

Rice with mussels and artichokes is an excellent, tasty and unique dish full.