

At Heinz, we are always looking for new ways to bring you great value food products everyday.

Our customers have provided some fantastic budget hints and tips for the kitchen and around the home.

1. Whenever you cook with mince or chopped meat, replace one quarter of the meat with mashed cooked beans or lentils. Your meals will be healthier, tastier and cheaper!
2. Make up new names for cheap meals that the family does not like. A new name often creates a new favourite.
3. Start experimenting with pasta, rice and vegetable based dishes - also experiment with international foods which have heaps of flavour and variety. They can be cost-effective and very tasty.
4. Buy in bulk, freeze in portions and keep a list of what's in the freezer so you never waste food.
5. Before shopping have something healthy to eat and take a snack. Always check the top and bottom shelves. Try new things.
6. One week of every month try vegetarian meals only - it's healthy, saves a lot of money and you may even discover new yummy recipes.
7. Ask your Grandma for her recipes, usually they're cheap, easy and taste great.
8. Save coins from your wallet into a tin every night to splurge at the end of the week/month on foods that are a bit more extravagant
9. Keep frozen or canned products handy for quick preparation to avoid the temptation of ordering takeaway when there's no time to prepare from fresh products.
10. Always add grated veggies to meat dishes (carrot, zucchini, etc). They add flavour, bulk and extra nutrition. Tinned tomatoes, sliced mushrooms and steamed and blended spinach work well too.



11. Have a cooking day with a friend once a week. Set a budget, then go shopping. Cook together & halve everything!! It is cheap & fun.
12. Make a week's worth of sandwiches and freeze them in individual serves, then you don't need to worry about the bread going off during the week.
13. Stalks don't need to be thrown out, mushroom, broccoli or herb stalks can be chopped up and used in risottos, stews, stir fries or soups.
14. When your toothpaste tube is getting low, roll bottom to top with a rolling pin. It's surprising the amount you can get out.
15. Get meal ideas online and from books and magazines then plan meals in advance using seasonal food when it's cheaper.
16. Every now and then the odd boiled eggs or spaghetti and toast WILL do for dinner... the kids won't starve, in fact they love it!
17. Cook one meal for the entire family, rather than running a restaurant in your family kitchen to cater for everyone's tastes.
18. A pie maker is great for using up left-over foods... just use some puff & short crust pastry, then add whatever fillings you have. A quick & tasty meal!
19. Buy the cheap bananas that are starting to discolour, freeze them and use them in smoothies. This makes them thick and icy without adding ice cream. Healthier and cheaper.
20. Cook extra and freeze the leftovers for next week.

For delicious recipes visit www.heinz.com.au

