

HEALTHY FAMILIES COACH

Shopping list for a family of four (\$120/week)

Food	Price	Price for a family of four for a week	Subtotal
Breads and cereals			
1 box (1.12kg) Homebrand weet biscuits	\$5.49	56 biscuits = \$2.00	\$10
1 bag (750g) Homebrand rolled oats	\$2	14 serves (50g) = \$2.00	
1 loaf Homebrand wheatmeal bread	\$1	4 loaves of bread = \$4.00	
1kg Homebrand rice	\$2	500g = \$1.00	
500g pasta	\$1	500g = \$1.00	
In season fruit and veggies (this example is winter)			
Carrots	\$1.80/1kg	2kg = \$3.60	\$20 - \$48.30
Cabbage	\$2.80/cabbage	1x cabbage \$2.80	
Potatoes	\$11/10kg	7.5kg = \$8.25	
Onions	\$1.80/kg	1.5kg = \$2.70	
Pumpkin	\$5 /pumpkin	½ pumpkin per week = \$2.50	
Celery	\$3.80/bunch	\$3.80	
Frozen peas	\$3.59/1kg bag	\$3.59	
Frozen mixed vegetables	\$2.29/1kg bag	\$ 2.29	
Tinned tomatoes	\$0.8	3 cans = \$2.40	
Tinned fruit salad	\$1.15	2 cans (6 serves) = \$2.30	
Oranges	\$3/kg	7 oranges = approx. \$3.00	
Kiwifruit	\$2.69/kg	21 kiwifruit = approx \$3.00	
Apples	\$2.69/kg	21 apples = approx \$8.07	
Or			
Fruit and Vegetable Co-op	\$10	2 packs =\$20.00 + any additions	
Meat and alternatives			
Frozen chicken	\$10.50/size 12	1 frozen chicken = \$10.50	\$47.74
Eggs	\$7.30/30 pack	1 per person per day = \$7.30	
Tinned salmon/tuna/sardines	\$3.50 – \$5	410g can (4 servings) = \$5	
Homebrand Baked beans in tomato sauce	\$0.75	2 cans (4 servings) = \$1.50	
Corned beef	\$4	4 servings = \$4	
Beef mince	\$11.50/kg	4 servings = \$6.75	
Dried lentils	\$2.69/500g	4 Servings = \$2.69	
Stewing steak	\$17	4 Servings = \$10.00	
Dairy products			
Light blue top milk	\$4.40/3L bottle	210ml per person per day (2x 3L) = \$8.80	\$17.80
Cheese	\$9 /kg	1 serve per person per day = \$9	
TOTAL			Max total = \$123.84

Foods were priced in season, based on Countdown Lower Hutt stock, at non sale prices.



Meal ideas:

Breakfast

- Porridge (oats and milk) or weetbiscuits, milk and tinned fruit
- Eggs on toast
- Baked beans on toast

Lunch

- Egg sandwich and fruit
- Chicken sandwich and fruit
- Tinned fish on toast and fruit
- Leftovers

Dinner

- Lentil bolognaise and pasta
- Stirfry (corned beef and rice)
- Fish pie with potato top/or rice
- Vegetable quiche
- Chicken/beef casserole
- Roast chicken and vegetables
- Egg fried rice
- Lentil and vegetable soup with toast (can make stock from leftover bones from chicken carcass)

Pantry Basics:

(Buy on weeks when there is extra money, or with WINZ \$50 food grant)

Flour, olive oil, herbs and spices, pepper, tea, soy sauce, margarine, marmite/peanut butter, soup stock/soup mix

Heart Foundation Pisupo - Corned beef stir-fry

Ingredients

- 1 can Corned beef (340 gram can)
- 1 large Onion, sliced
- 1 Zucchini, sliced (can substitute for celery or carrots)
- 1 cup Frozen beans (or any frozen vegetables)
- 4 cups Cabbage, shredded
- 4 Tomatoes, cut into wedges (or a can of diced tomatoes)
- 1/2 cup Water
- Pepper (to taste)

Method

1. Immerse the can of corned beef in boiling water for 5 minutes to melt the fat. Open the can and drain off the fat.
2. Heat a large saucepan or frying pan, add the corned beef and onion and stir-fry for 5 minutes.
3. Add the zucchini, beans, cabbage, tomato (or any vegetables, frozen or fresh) and water. Simmer for 5-10 minutes or until the vegetables are cooked, stirring frequently. Add more water if required to prevent sticking.
4. Season with pepper and serve immediately.

To be served with either rice, boiled green bananas or boiled taro.