

# Media Release

SA Health  
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## FRUIT AND VEG - HELPING YOUR HIP POCKET, AS WELL AS YOUR HIPS

Eating two serves of fruit and five serves of vegetables every day not only helps you to stay healthy but can also save you money.

Director of Country Health's Lower South East Health Service, David Walshaw, says being organised is the key to eating healthily without blowing your budget.

"Adding more fruit and vegetables into your daily diet doesn't have to be expensive or hard work," Mr Walshaw said.

"Instead of reaching for that packet of chips or chocolate bar when you feel peckish, why not grab a piece of fruit instead – it is cheaper and better for you.

"On average, an apple costs around 50 cents, while a chocolate bar costs you around \$1.80. By simply changing what you choose for a snack, you can save almost \$7.00 a week.

"And you won't only be saving money - you could save around 900 kilojoules every day...you would have to walk briskly for about 40 minutes to burn this off.

"Bringing your own food to work also saves you money.

"If you buy a pie and a packet of chips every day for lunch, it will cost you around \$27 per week, while you can bring your own salad sandwich and a banana for only \$9.50 – this is a saving of around \$70 a month.

"By taking the time to shop smarter, you and your family can have a healthy diet, without breaking the bank.

"Planning meals and snacks for the week ahead and taking a shopping list before you hit the shops is just one easy way to save money and resist temptation.

"Take advantage of in-store specials, buy in bulk and pre-make meals and freeze them - these are great ways to save both time and money."

Eating more fruit and vegetables has significant health benefits, including helping people maintain a healthy weight and protect them against diseases, such as heart disease, type 2 diabetes and some forms of cancer.

"Eating more fruit and veg also links in with the OPAL program here in Mt Gambier, which is about creating a supportive community so we can all live a healthy lifestyle. "

There are many simple tips for thrifty ways to *Go for 2&5®*:

- Bring your own snacks and lunch to work or school – healthy food is more expensive at a deli or food court, rather than a supermarket.
- Buying seasonal produce is another way to save, as it is generally cheaper, fresher and tastier.
- When a fruit or vegetable is out of season or too expensive, you can easily substitute another of similar nutritional value. For example, you could swap carrots for sweet potato or beans for snow peas.
- Prevent wastage by protecting your fruit and veg from heat and light on the way home and store correctly as soon as possible after purchasing.
- Roast any excess carrot, zucchini, sweet potato, pumpkin, capsicum and onion before they go off to use in pasta dishes, soups, salads and sandwiches.

For meal ideas and tips on selecting and storing fruit and veg, go to:

<http://www.gofor2and5.com.au>

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## For more information

Call the SA Health Media Line  
Telephone: 08 8226 6488