# healthyfcod

# Healthy swaps that cost you less

Instead of this

### Use this

#### Good to know

#### Tomatoes NZ

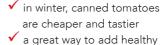
\$4.99 per kilo (8-10 tomatoes)



# Pams Italian Whole **Peeled Tomatoes**

\$0.99 per 400g can (4-5 tomatoes)

**☑**SAVE \$2.50



colour to winter meals

# Round green beans

\$7.98 per kilo



## Wattie's Whole Baby Beans \$3.87 per 750g (\$5.15 per kilo)

**V**SAVE \$2.83

# frozen veges have the same nutrient quality as fresh veges

✓ usually grown in NZ, unlike out-of-season fresh veges (check the pack for details)

### ✓ out-of-season veges usually cost more

changing your menu to use what's in season means you get more variety through the year

#### Courgettes

\$5.98 per kilo (7-9 courgettes)



#### Carrots

\$1.98 per kilo (10-12 carrots)

**✓SAVE \$4** 

- ✓ if you're cooking, frozen spinach is an economical,
- convenient option ✓ there's no washing, chopping or draining

# Krispkut bagged baby spinach \$3.97 per 120g





# Talley's Frozen **Spinach Portions**

\$4.45 per 500g (\$8.90 per kilo)

SAVE MORE THAN \$4

# Fresh celery pre-chopped and packed

\$4.97 per 300g (\$16.57 per kilo)



#### Celery bunch \$3.98 each

**✓SAVE MORE THAN \$1** 

- ✓ pre-packing adds cost
- ✓ chopping the celery yourself and freezing some means there's no waste

<sup>\*</sup> We shopped on 25 July 2008.