

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	<ul style="list-style-type: none"> ✓ in winter, canned tomatoes are cheaper and tastier ✓ a great way to add healthy colour to winter meals
Round green beans \$7.98 per kilo		Wattie's Whole Baby Beans \$3.87 per 750g (\$5.15 per kilo) ✓ SAVE \$2.83	<ul style="list-style-type: none"> ✓ 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)
Courgettes \$5.98 per kilo (7-9 courgettes)		Carrots \$1.98 per kilo (10-12 carrots) ✓ SAVE \$4	<ul style="list-style-type: none"> ✓ out-of-season veges usually cost more ✓ changing your menu to use what's in season means you get more variety through the year
Krispkut bagged baby spinach \$3.97 per 120g (\$33 per kilo)		Talley's Frozen Spinach Portions \$4.45 per 500g (\$8.90 per kilo) ✓ SAVE MORE THAN \$4	<ul style="list-style-type: none"> ✓ if you're cooking, frozen spinach is an economical, convenient option ✓ there's no washing, chopping or draining
Fresh celery pre-chopped and packed \$4.97 per 300g (\$16.57 per kilo)		Celery bunch \$3.98 each ✓ SAVE MORE THAN \$1	<ul style="list-style-type: none"> ✓ pre-packing adds cost ✓ chopping the celery yourself and freezing some means there's no waste

* We shopped on 25 July 2008.