

# Planning your visit to the shops

**Social distancing can be difficult at the supermarket. Here are some tips to keep your kitchen filled with healthy foods while avoiding unnecessary trips to the shops.**

## **1** What do you already have?

Check in your pantry, fridge and freezer. Look at the expiry dates of your foods and take note of the ones that you need to use up soon.

## **2** Write a meal plan

Are you new to meal planning? Start with planning a few days to get a feel for how it works. Slowly work your way up to one week (or longer) to reduce the amount of times you need to go to the shops.

Choose your meals. You might like to plan meals around:

- the foods you already have at home (especially those close to expiring)
- foods that are on sale (check online or in grocery store catalogues)
- seasonal recipes (in-season vegetables and fruits are cheaper)
- recipes that you know your whole family will enjoy!

## **3** Make a shopping list

- Your shopping list should include all the foods and drinks you need for your meal plan
- It's also important that it includes plenty of healthy foods from the five food groups - check out our tip sheet Eating well to stay healthy for more information.
- Shopping list apps can be a handy way to keep note of what you need to replace

## **4** Go shopping

- Stick to your shopping list! This helps to avoid the temptation of unhealthy, discounted items on the aisle ends or the highly processed foods and drinks in middle aisles (like the chocolate, chip and soft drink aisles).



# HERE'S A GUIDE TO BUYING SHELF STABLE OR LONGER LASTING FOODS TO GET YOU THROUGH THE WEEK

## FRESH FOODS

Store these fresh foods in the fridge for up to two weeks:

**VEGETABLES** such as carrots, spinach, lettuce, pumpkin (cut), celery, cabbage, zucchini, cauliflower or broccoli

**FRUITS** such as apples, pears, berries, pineapple or citrus fruits like oranges

## CHILLED FOODS

## FROZEN FOODS

Check the used-by date and storage instructions when you're buying them:

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Milk, yoghurt, cheese or alternatives | <input checked="" type="checkbox"/> Frozen vegetables |
| <input checked="" type="checkbox"/> Eggs                                  | <input checked="" type="checkbox"/> Frozen fruits     |
| <input checked="" type="checkbox"/> Red meat, poultry, seafood            | <input checked="" type="checkbox"/> Frozen fish       |
| <input checked="" type="checkbox"/> Tofu, tempeh                          |   |

## PANTRY FOODS

**VEGETABLES:** such as sweet potatoes, potatoes, whole pumpkins and onions. Keep the onions and potatoes separate to help them stay fresh for longer

**CANNED:**

- **VEGETABLES** such as corn, tomato, mushrooms or carrots
- **FRUITS** in water or natural juice
- **LEGUMES** such as chickpeas, lentils, beans or baked beans (you can store dried as well)
- **SOUPS**
- **FISH** such as tuna, salmon or sardines

**STOCK:** such as reduced salt vegetable, beef or chicken stock

**NUTS & SEEDS:** unsalted varieties for the healthiest option

**MILK:** long life &/or milk alternatives with added calcium

**GRAINS:** such as rice, noodles, flour, pasta, quinoa, couscous, rolled oats, bread, wholemeal crackers or wraps

**CONDIMENTS:** (sauces and oils) such as vinegars, Asian sauces, pasta sauce, tomato paste, curry paste, pesto, olive oil

**HERBS & SPICES:** such as dried thyme, oregano, sage, cinnamon, ground ginger, cumin, turmeric, coriander.

**NOTE:** Many premade and canned products contain a lot of sodium (salt) such as soups and pasta sauces, so use herbs and spices rather than table salt for extra flavour.

Adapted from: <https://metrosouth.health.qld.gov.au/sites/default/files/content/covid-19-preparing-to-eat-well.pdf>



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