

# STUDENT'S SAVER MENU

foodbank



Statistics show that many students in the UK face food poverty, with 64% skipping meals to save money and 18% using Foodbanks. You can turn food bank donations into delicious and nutritious meals. Use the Student Saver Menu for ideas on how to make meals on a budget. Follow the QR code for more information on recipes, cost and nutritional values.

BREAKFAST



@uocfrugalfoodies

LUNCH



DINNER



## EMPOWERING STUDENTS TO EAT HEALTHY WHILST MANAGING FINANCES

### IMPORTANCE OF NUTRITION IN EDUCATION:



- IMPROVED COGNITIVE FUNCTION
- HIGHER ENERGY LEVELS
- BETTER ACADEMIC PERFORMANCE
- HEALTHY WEIGHT MAINTENANCE
- BOOST IMMUNE SYSTEM
- IMPROVED MOOD AND MENTAL HEALTH
- ESTABLISHED LIFELONG HABITS

## RESOURCES AND FURTHER INFORMATION

The Eatwell Guide - <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

British Nutrition Foundation - <https://www.nutrition.org.uk/life-stages/students/>

Save the Student - <https://www.savethestudent.org/>



## SPECIAL THANKS TO SPONSOR



Joy May started writing her NOSH BOOKS for Students in 2001, and ever since, they have been a hit in the student community. Easy-to-follow recipes ensure a person with limited cooking skills can make a delicious and nutritious meal. Thank you for donating book prizes to Frugal Foodies stall!



# FRUGAL TIPS TO SPEND LESS AND STAY HEALTHY

## Prioritise

- Devise a budget for your income and stick to it.
- Track what you spend to see what can be saved.
- Prioritise bills and groceries.
- Prioritise whole foods where possible.
- Shop smart and consider shops own brands.

## Planning

- Plan meals in advance using a meal planner.
- Create a shopping list planned around meals.
- Take advantage of student discounts.
- Buy in bulk where possible.
- Sign up for supermarket saver cards.

## Cook at Home

- Learn the basics to open up a wider range of recipes.
- Minimise food waste by using foods expiring soon.
- Batch cook and freeze leftovers for another day.
- Meal prep to save time when cooking.
- Budget friendly recipes can still taste great.

## Stay Healthy

- Different coloured foods provide different nutrients.
- Be mindful of portion sizes to prevent overeating.
- Stay hydrated. Aim for at least 8 glasses per day.
- The Eatwell Guide is useful for visual learners.
- Practice mindful eating - listen to your body.

# HEALTHY SNACK SWAPS

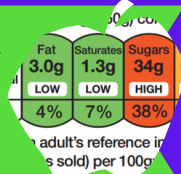
Snacks can be part of a well-balanced diet when eaten in moderation. When the hunger strikes, ensure you choose healthier snack options. Use the NHS Food Scanner app to help you buy more nutritious treats. Choose products with a Good Choice badge on the packaging for an easy way to decide what to buy. Be portion savvy!



<p>130 kcal/25g</p> <p>Swap high-fat crisps for high-fibre popcorn.</p> <p>94 kcal/25g</p>	<p>50g sugar/100g</p> <p>Swap milk chocolate for dark chocolate to increase fibre and reduce sugar.</p> <p>7g sugar/100g</p>
<p>55 kcal/biscuit</p> <p>Swap high-sugar chocolate chip biscuit for a low-sugar rice cake.</p> <p>27 kcal/rice cake</p>	<p>208 kcal/muffin</p> <p>Save calories by swapping calorie dense muffin for a crumpet.</p> <p>97 kcal/crumpet</p>
<p>238kcal/bar</p> <p>Reduce your sugar intake by eating sugar-free jelly, rather than chocolate bar.</p> <p>5 kcal/pot</p>	<p>167 kcal/doughnut</p> <p>Apple a day...adds more fibre to your diet and reduces sugar intake.</p> <p>52 kcal/apple</p>
<p>0.39g salt/30g peanuts</p> <p>Replace salty peanuts with heart healthy unsalted nuts.</p> <p>0.01g salt/3g</p>	<p>113 kcal/100g</p> <p>Replace high-sugar split pot yogurt with a calcium-rich Greek yogurt.</p> <p>91 kcal/100g</p>

## Food for thought

Many snacks are high in salt, sugar and saturated fat. Eating too many of them may negatively affect your health. Swap snacks for healthier alternatives by carefully reading nutrition labels on packaging and choosing products with "green" or "amber" colours rather than "red".



# FRUGAL FOOD SWAP IDEAS

On average, in 2023, students spent £ 133/month on groceries, 15% more than in 2022. But buying healthy food does not have to break the bank. Smart shopping and frugal food swapping can save money on your grocery bill without sacrificing flavour or important nutrients. Try these easy food swap ideas and see how much you can save.

<p>£ 3.49/500g</p> <p>Swap beef mince for cheaper and leaner turkey mince.</p> <p>£ 2.69/500g</p>	<p>£ 1.75g/200g</p> <p>Save money by swapping mixed nuts with pumpkin or sunflower seeds.</p> <p>£ 1.25g/250g</p>
<p>£ 6.49/1kg</p> <p>Replace chicken breasts with less expensive and more flavoursome chicken thighs.</p> <p>£ 4.99/900g</p>	<p>79p/potted herb</p> <p>Use dried herbs rather than fresh. They last longer and are a lot cheaper.</p> <p>69p/small jar</p>
<p>£ 3.89/chicken</p> <p>Swap meat for more affordable plant-based protein and have an impact on climate change.</p> <p>69p/240g beans</p>	<p>99p/300ml</p> <p>Swap heavy cream for a more budget-friendly pot of Greek Yogurt.</p> <p>51p/300ml</p>
<p>£ 8.20/tuna steak</p> <p>Replace fresh tuna steak with 10x cheaper tinned tuna.</p> <p>55p/tinned tuna</p>	<p>79p/jar</p> <p>Cooking sauces are often more expensive and contain added sugar. Opt for less expensive tinned tomatoes.</p> <p>35p/tin</p>
<p>£ 1.29/100g</p> <p>Buy frozen fruit when out of season to keep costs down. Use them for smoothies and healthy desserts.</p> <p>37p/100g</p>	<p>£ 1.59/1kg</p> <p>Use frozen vegetables instead of fresh. They are more convenient and just as nutritious.</p> <p>89p/1kg</p>