Menu planning

The following information is intended to help your setting meet the HU5s catering standards. Suggested serving sizes have been added as a guide, these values have been taken from the *Caroline Walker Trust- Eating well for 1-4 year olds a practical guide* and represent a recommended portion for a 2 and a half year old child. They should only be a rough guide as each child is an individual and their appetites will vary greatly.
The following guidance covers breakfast, snacks, lunch and tea-time meals, providing examples of starchy and protein foods to offer. There is also guidance on providing foods for babies and infants in your setting.

Breakfast for children under 5

Breakfast is the most important meal of the day. It allows us to 'break' our overnight 'fast'. Children under 5 need a healthy breakfast based on breads and cereals but including a variety of foods. The following table gives examples of types and amounts of food and drink to provide under 5's for breakfast.

Suggested types and amounts of breakfast foods for under 5's		
Breakfast food	**Suggested serving size**	**Suggested choices and recommendations**
Cereals	• 15-20g serving	✓ Cereals that are unsweetened, vitamin fortified and low in salt e.g. cornflakes, ready brek, weetabix and rice krispies. Shreddies and cheerios contain a moderate amount of sugar but can still be offered if low sugar cereals are available. ✓ Porridge is a good choice, but only instant porridge is vitamin fortified e.g. read brek ✓ Offer a variety of cereals
Milk products	• 100ml milk served with cereal • 100-120ml milk as a drink • 60g full fat yoghurt • 15g of hard cheese	✓ If only one type of milk is offered it should be whole milk ✓ Semi-skimmed milk is OK for children over 2 years who are growing and eating well ✓ Skimmed milk is not suitable for children under 5 years of age ✓ Yoghurts and fromage frais. Choose products that are lower in sugar

Suggested types and amounts of breakfast foods for under 5's		
Breakfast food	**Suggested serving size**	**Suggested choices and recommendations**
		e.g. natural or Greek style yoghurts. These may be sweetened by serving with fruits. ✓ Cheese can be served with bread, crackers or toast
Breads	• 1 slice (25g) white, wholemeal, granary bread. • 1 small chapatti or tortilla (20g) • ½ pita bread or bagel (30-50g)	✓ Offer a variety e.g. white, wholemeal, granary ✓ Offer other bread products e.g. crumpets, muffins, pikelets, pancakes, fruit bread, teacakes, scones.
Spreads	• 2 teaspoons butter or margarine	✓ Unsaturated fat spreads e.g. Flora, Olivio, Vitalite (dairy free), Clover, and other spreads made with olive, rapeseed, sunflower or corn oil. ✓ Other spreads could be jam, marmalade, marmite, cheese spread or smooth nut butters.
Fruit	• Approximately 40g per serving • 100ml of dilute juice	✓ Fresh, dried or tinned fruit used to sweeten cereal, instead of sugar ✓ For tinned fruit, choose products in juice rather than syrup ✓ Diluted fruit juice provided at breakfast helps children absorb the iron in their cereal.

Main meals for children under 5

This section provides ideas and guidance on how to incorporate protein and starchy foods into lunch and tea-time meals. There is also advice on fruits and vegetables to offer and guidance on healthy puddings.
Examples of tasty recipes and ideas on how to incorporate beans, meat substitutes and oily fish into meals are available in the resources section of the Healthy Under 5s website.

Protein foods

The following criteria are essential for creating a varied, healthy and nutritious main meal:

- ✓ Offer a protein food at each main meal. Examples are included in the table below.
- ✓ Offer a variety of protein choices over the week to encourage children to experience different tastes and textures.
- ✓ Preformed or processed meats, fish and vegetarian products should **not be offered more than twice each week**. These products are high in fat and salt.
- ✓ Cheese and egg based dishes should **not be offered more than twice each week**.
- ✓ Oily fish should be provided regularly i.e. at least once each menu cycle. Tinned fish is a lower cost option. NB: Tinned tuna does not count as an oily fish, only fresh tuna contains omega 3 fats.
- ✓ A suitable protein alternative must be offered for vegetarian children when meat is the protein food at the main or teatime meal.
- ✓ Processed vegetarian products (i.e. burgers, cutlets, nuggets) are not to be offered more than twice a week. These products should have more than 5g of protein per 100g of food (check the label).

Suggested types and amounts of protein foods in a main meal for under 5's		
Protein food	**Suggested serving size**	**Suggested choices and recommendations**
Meat & poultry	• 40 – 45g of meat i.e. roast beef • 80g for a burger • 100 – 140g for a mixed meal i.e. beef stew, chicken curry, kebab	✓ **Fresh** beef, lamb, pork, chicken or turkey. ✓ **Roasted** or other sliced meats ✓ **Processed** sausages, burgers or frankfurters should have a high meat content e.g. above 60 percent beef, pork or chicken. They should be served no more than once a week. ✓ **Cured meats** are high in salt and should be served no more than twice a week e.g. ham, pastrami

Suggested types and amounts of protein foods in a main meal for under 5's		
Protein food	**Suggested serving size**	**Suggested choices and recommendations**
Fish	• 40g canned or fresh fish • 80g fishcake • 100 – 150g of a mixed meal i.e. fish pie	✓ **Fresh, frozen or canned** ✓ **White fish** e.g. Cod, Haddock, Coley, Pollack, Saithe or Blue Whiting. ✓ **Oily fish** e.g. Herring, Mackerel, Salmon, Trout, Sardines, Sprats or Pilchards. **NOT** canned tuna. ✓ **Processed** fish fingers or bites should be served no more than once a week ✓ Check the label of tinned and fresh packaged products for the marine stewardship badge, which guarantees sustainability.
Beans, peas & lentils	• 40g (1/4 – 1/3 cup) • 50g baked beans	✓ Baked beans, red, yellow & green lentils, kidney beans, butter beans, haricot beans etc. ✓ Use in vegetarian dishes e.g. add to soups, salads and stews or make dhal. ✓ Add to meat-based meals to add bulk and reduce cost.
Eggs	• 1 medium egg (50g) • 50g – 95g of an egg based dish i.e. omelette or quiche.	✓ Scrambled, poached, boiled, omelette ✓ Offer as quiche or tortilla ✓ **Ensure yolk is firm.** As outlined by food hygiene regulations. Egg should never be offered/ eaten raw.
Cheese	• 15g of hard cheese • 30g soft cheese • 20g cheese slice.	✓ Hard cheese (e.g. cheddar) sliced on sandwiches, used in cheese sauces or homemade cheesy breadsticks. ✓ Cream cheese, cheese spreads, ricotta and cottage cheese on bread or lightly flavoured in dips. ✓ Mozzarella in pasta bakes and on pizzas. ✓ **Never used un-pasteurised or mould ripened cheeses for children.**
Tofu, quorn, soya mince	• 60-80g quorn per child in a	✓ Useful in vegetarian diets but not to be used more than

Suggested types and amounts of protein foods in a main meal for under 5's		
Protein food	**Suggested serving size**	**Suggested choices and recommendations**
	mixed meal	twice a week. Can be low in calories, certain vitamins and minerals and high in salt. ✓ Use in vegetarian meals to provide food that is similar in appearance and texture to meat based meals. ✓ Use unflavoured varieties as flavoured options can be very high in salt.
Nuts	• 20g of nut butter • 40g of ground nuts	✓ **Check your nutrition policy to ensure nuts can be used** ✓ If your setting can offer nuts, only offer smooth nut butters or ground nuts in meals, puddings or cakes
Offal	• 40g of liver per child in a mixed meal	✓ Liver e.g. pate used as a spread, minced and added to casseroles or sausages ✓ Very good source of iron.

Iron absorption

- ✓ The richest and most well absorbed sources of iron are from meats (animals) such as, offal, red meat, poultry and oily fish. Iron is less well absorbed from non-animal sources such as cereals, pulses, lentils, breads, nuts, vegetables and dried fruits.
- ✓ Absorption of iron from both animal and non-animal sources is aided by eating foods or drinks that contain vitamin C at or around the same time as foods containing iron.
- ✓ By including fruits and vegetables with meals you should provide enough vitamin C to support the absorption of iron. However it is goof practice to try to offer good sources of vitamin C in meals throughout the week. These include: red peppers, spring greens, broccoli, spinach, tomatoes, kiwi fruit, strawberries and oranges and other citrus fruits.

Starchy foods

- ✓ Should be offered with every meal.
- ✓ Should provide a third of the food served each day.
- ✓ Processed potato products **should not be served more than twice a week** i.e. smiles, oven chips, potato waffles, due to the salt content.
- ✓ A variety of starchy products should be served throughout the week, rice, potatoes and pasta should each be offered once a week. Examples are included in the following table.

Suggested types and amounts of starchy foods in a main meal for under 5's		
Starchy food	**Suggested serving size**	**Suggested choices**
Breads	• 1 slice of bread • 1 small chapatti or tortilla (20g) • ½ bagel or roll	✓ Offer a variety i.e. white, wholemeal, granary, soda bread, chapatti, tortilla, naan bread, pitta, bagels and wraps.
Potatoes	• ½ cup cooked	✓ Standard or sweet potatoes ✓ Boil, jacket, mash, roast, sauté or homemade chips ✓ Processed e.g. Smiles, Waffles or Alpha bites less often
Yam, plantain etc	• 80g cooked	✓ Cocoyam, cassava, taro and other root vegetables
Pasta & noodles	• 80g cooked	✓ Fresh or dried white, wholemeal etc. ✓ Canned spaghetti less often due to high salt content.
Rice	▪ 80g cooked	✓ Boiled with a meal or fried rice (mixed meal. Use white, brown, basmati and wild rice.
Other grains	• 80g cooked	✓ Couscous, bulgur wheat, polenta (maize) and cornmeal.

Fruit & Vegetables

- ✓ Children need five servings of fruits and vegetables each day (some will be provided at home)
- ✓ A portion of fruit or vegetable for a child under 5 is approximately half of an adult portion, around 40g.
- ✓ Provide at least two vegetable choices in each main meal. These could be on the side or part of the main dish.

- ✓ Baked beans should not be offered more than twice per week as part of a main meal, and can count as a vegetable at least once.
- ✓ Tinned spaghetti is not a vegetable choice.

Puddings

- ✓ Puddings are important sources of energy for young children and when they are combined with fruit, milk or grains can provide protein, vitamins and minerals including calcium..
- ✓ Milk based puddings should be offered at least three times a week. Please note that Ice-cream does not count as a milk based dessert.
- ✓ Fruit based puddings should be offered at least twice a week (can be fresh, stewed, canned or dried as part of a recipe). If offering a fruit-based pudding try to ensure at least 20-40g of fruit is included per serving.
- ✓ With respect to meeting the catering standards, puddings that include both fruit and milk (e.g. fruit crumble with custard) are encouraged but will be regarded as fulfilling only one of the criteria listed above

Examples of milk and fruit based puddings for under 5's	
Fruit based puddings	**Milk based puddings (~120g per serving)**
• Fresh fruit • Fresh fruit salad • Stewed fruit • Baked fruit • Fruit kebabs • Fruit fool • Fruit crumble • Fruit sponge • Pineapple upside down cake • Eve's pudding	• Rice pudding • Semolina pudding • Sago pudding • Custard (at least 120ml) • Yoghurt • Blancmange • Angel Delight • Milk jelly • Smoothie or milkshake

Teatime meals for children under 5

Usually a light or small meal offered later in the afternoon or at lunchtime if the child is eating a main meal elsewhere.
The same criteria as for main meals apply at teatime, however, the following additional points should be considered:

- ✓ Always include a protein food such as cheese, meat or a meat alternative.
- ✓ Always include a starchy food choice.
- ✓ The protein and starchy choices can be part of a mixed dish or offered on the side.
- ✓ A serving of vegetables should be included (e.g. salad or vegetable crudités).
- ✓ When sandwiches are offered, use a variety of breads (e.g. white, wholemeal, pitta, tortilla, breadsticks).
- ✓ Use an unsaturated fat spread on sandwiches.
- ✓ Always offer a pudding at teatime. This pudding should be milk or fruit based at least 3 times a week.
- ✓ Suitable drinks are water, milk or diluted fruit juice.
- ✓ Examples of appropriate teatime meals are included in the following table. Additional ideas can be found in the example 3-week menu cycle on the website.

Suggested teatime meals for under 5's		
Tea time meal	**Example of protein food that can be added**	
	Vegetarian ingredients	**Meat ingredients**
Sandwiches Use fresh or toasted, white, brown or grain bread. Rolls, bagels, pitta breads, tortillas, chapattis etc.	• Cheddar cheese • Cheese spread • Cottage/ ricotta cheese • Egg (i.e. boiled and sliced or mashed) • Hummus • Smooth peanut butter • Baked beans	• Tinned fish • Fish/ meat paste • Liver • Sausage • Sliced meat
Soups	• Beans • Lentils • Tofu	• Ham • Bacon • Minced beef

Suggested teatime meals for under 5's		
Tea time meal	**Example of protein food that can be added**	
	Vegetarian ingredients	**Meat ingredients**
	• Vegetable minestrone • Potato and leek	
Jacket potatoes	• Coleslaw • Cheese • Baked beans • Cottage cheese • Egg and mayonnaise	• Bacon • Tuna with mayonnaise • Salmon with mayonnaise • Other tinned fish
Salads Base salads on lettuce or other leaves with chopped vegetables; pasta, couscous or bulgur wheat; and add fresh or dried fruit for variety.	• Boiled egg • Cheese • Beans • Chickpeas • Lentils	• Roasted meat • Ham • Bacon • Tinned or fresh fish.
Omelette Egg in quiche provides protein.	• Cheese and tomato • Mushrooms and spinach • Sun-dried tomatoes or pepper with spinach leaves	• Ham • Bacon • Salmon
Quiche Can be served hot or cold	• Cheese and tomato • Mushrooms and spinach • Sun-dried tomatoes or pepper with spinach leaves	• Ham • Bacon • Salmon
Puddings	• Yoghurt • Fromage Frais • Fresh fruit • Custard • Semolina	

Suggested teatime meals for under 5's		
Tea time meal	**Example of protein food that can be added**	
	Vegetarian ingredients	**Meat ingredients**
	• Fruit smoothies • Milkshakes • Rice pudding	

Sandwiches
It is fine to offered sandwiches occasionally. However, if sandwiches are offered they should have a protein filling or be served with a protein food on the side. In addition, either a fruit or vegetable should be included in the filling or on the side.

Examples of protein sandwich fillings with fruit or vegetable:
- ✓ Tuna and sweetcorn
- ✓ Cheese and pickle
- ✓ Peanut butter and banana
- ✓ Ham and tomato
- ✓ Egg and cress
- ✓ Sardines and tomato
- ✓ Corned beef and tomato with pickle
- ✓ Full fat cream cheese and pineapple
- ✓ Mashed herring or sardines with cress or lettuce

The following table shows commonly used sandwich spreads, when they are suitable to use, and whether extra protein is needed.

Suitable spreads for sandwiches and toast for under 5's	
Marmite	• Not recommended as it contains high levels of salt.
Honey	✓ Not recommended for children under 1 year due to risk of bacterial contamination. ✓ Not suitable for a snack spread due to sugar content. • Must be combined with a protein food (e.g. nut butter) if used at a meal time.

Suitable spreads for sandwiches and toast for under 5's	
Jam	✓ Not suitable as a snack spread due to sugar content. • Must be combined with a protein food (e.g. cheese or nut butter) if offered at a meal time.
Peanut butter	✓ Suitable as meal time spread, but only with snacks if sugar has not been added in processing. ✓ High in protein
Chocolate nut spreads e.g. Nutella	✓ Is not suitable as a snack time spread. ✓ Will need to be combined with a protein food if serving at teatime.
Cheese spread	✓ Suitable for snack and teatime. ✓ Contains suitable levels of protein
Bean spreads i.e. Hummus	✓ Suitable for snack and tea time ✓ Contain suitable levels of protein.
Meat /fish paste	✓ Suitable for snack and tea times ✓ Contains suitable levels of protein.

Packed Lunches

If children in your setting are bringing in packed lunches, it is your responsibility to ensure you work with parents to support them in making healthy choices for their children. Generally a healthy packed lunch contains:

- A starchy food i.e. sliced bread or a roll, pasta or rice
- A protein food i.e. sliced meat, cheese, egg or tinned fish
- A vegetable i.e. sliced tomato or cucumber in a sandwich or vegetable sticks on the side
- A fruit i.e. apple slices, orange segments, berries

If they have a packed meal everyday then parents should also include a dairy food, such as cheese, yoghurt, a milk drink or a pot of custard.

It is also healthy to include a sweet food or pudding to be eaten after they have had their sandwich or savoury option. Healthy packed lunch puddings include:

- Malt loaf
- Rice pudding
- Custard
- Fruit jelly
- Currant buns or teacakes with spread and/or jam
- Scotch pancakes with spread and/or jam
- Croissant with spread and/or jam

Crisps sweets and chocolates are considered treat foods and should not regularly be included in a child's packed lunch. If children regularly come into nursery with these foods, you should let them consume them at lunchtime, but discuss this with parents and provide ideas for healthier alternatives. For example, crisps can be swapped for crackers, breadsticks or homemade popcorn.

Examples of healthy packed lunches:

½ Egg sandwich Red pepper sticks Apple slices Fruit yoghurt Malt loaf slice	Hummus with crackers carrot & cucumber sticks Fruit scone Banana Cheese cubes & raisins	Pasta with grated cheese, turkey ham and sweet-corn (mix with salad cream or mayo) Pot of rice pudding Pear slices	1-2 Chappati Pot or lentil dhal Clementine Currant teacake with spread & jam

You can access our packed lunch leaflet through the Nutrition and Dietetic department. See the Healthy Under 5s website for more details.

Babies & Young Infants

If your setting caters for babies and young infants the following guidance will help to ensure they receive a balanced, nutritious meal.

Drinks
Babies under 6 months should only be offered expressed breast milk or formula milk as a main drink. Babies under 6 months do not need to drink additional water, unless it is very hot.
Babies over 6 months can be offered water or diluted fruit juice. Juice should be diluted 1 part juice to 10 parts water and should only be offered with meals.
Babies should be encouraged to use an open-top cup from 6 months of age. Babies have the developmental skills to use these tools at 6 months and using an open-top cup for drinking can discourage the use of bottles or valve cups which contribute towards tooth decay. A free-flowing beaker can also be used instead of an open-top cup.
Bottle should be discouraged from 1 year of age. Extended use of bottles, beyond the age of 1 year has been linked to negative health outcomes i.e. dental malocclusion, poor speech development, risk of excessive weight gain.

Foods cooked onsite
Meals for babies and infants must meet the same criteria as all other meals and snacks provided at your setting. Salt shouldn't be added to babies' meals during the cooking process and high salt foods should be avoided, as babies should receive less than 1g of salt a day.

If babies are 6 months of age, the texture should be of a mashed consistency, not pureed. As babies get older, they should be encouraged to progress to more solid textures, until they are eating chopped food at 1 year of age.
Offering soft foods to babies helps with increasing palatability i.e. Sheppard's pie, stews, curries.
Offering finger foods with each meal and at snack time will help babies develop their independence with feeding, as they will be encouraged to feed themselves. Babies should be feeding themselves with minimal support at 1 year of age.
If spoon feeding, try to ensure that the baby is taking food off the spoon (with their mouths or fingers), rather than being fed, this is called baby-led feeding.

Convenience or foods bought from home
If reheating foods brought in by parents:
- Make sure it is piping hot all the way through, if using a microwave, stir the food thoroughly to make sure it has heated through evenly.

- Let the food cool to a lukewarm temperature before giving to baby. The best way to do this is seal it in an air-tight container and run it under a cold tap.
- Don't reheat cooked food more than once.

If offering convenience jar or packet foods:

- Ensure savoury foods are given before sweet foods
- Foods are heated to the correct temperature, as per the instructions on the packaging
- Leftovers from any opened, prepared, or heated food are discarded and never reheated or reused.
- Unopened or unprepared dry foods are stored safely.

Ideas for finger foods

Bite and No-Chew Finger Foods
You can try these when your baby is starting solids or if they have difficulty managing lumps. These foods are soft and should dissipate in the mouth with little chewing, but are solid enough for baby to hold

- Soft-cooked vegetables (boiled, steamed, roasted, micro-waved) i.e. broccoli, carrot sticks, cauliflower, parsnip and sweet potato, potato, beetroot.
- Well-cooked or 'quick cook' pasta
- Plain rice cakes
- Plain oven or homemade chips (made with potato or sweet potato)
- Grated hard cheese i.e. Cheddar, Edam, Red Leicester
- Soft-ripe peeled fruit i.e. pear, melon, mango, avocado, peeled grapes cut in half, banana

Iron Rich Finger Foods
It is important to offer iron rich foods from 6 months of age.

- Well-cooked egg slices or omelette
- French toast or 'eggy bread' - bread soaked in milk and egg, lightly fried.

- Strips of soft chicken (strips taken from close to the bone are softer i.e. drumsticks or thighs)
- Cooked beans or lentils (babies can pick them up with their hands)
- Hummus dip with vegetable sticks or wholemeal toast strips
- Dried fruits (only provide these at a meal-time)

Snacks for children under 5

All settings should provide some form of mid-morning and afternoon snack to children in their care.
Children under five years have high energy needs and snack foods form an important part of their daily energy and nutrient. However the wrong type of snack foods can contribute towards excessive energy intake and tooth decay, due to their high fat and sugar content.

Snack time also provides a great opportunity for staff to engage the children in food based learning, for example:

- ✓ Providing a variety of snacks can help children to exercise choice.
- ✓ Snacks are usually simple foods and children can become involved in the food preparation process.
- ✓ Snacks are a great way to introduce new foods.
- ✓ Ethnic snack foods can offer an opportunity for children to learn about different cultures.

The following information will help you to provide healthy, nutritious, tooth-friendly snacks.

Planning your snack menu

Preparing an interesting snack menu isn't always easy. Relying heavily on fruit can lead to uninteresting snacks that are too low in energy. Alternatively, foods high in fat and sugar are not acceptable as snacks due to the risk of tooth decay and obesity.

The following points should be considered when planning a healthy snacks menu. Examples of acceptable and unacceptable snacks are listed in the table below.

- ✓ Fresh fruits and/ or vegetables should be offered at least once each day.
- ✓ Sweet foods (e.g. biscuits, cakes, ice-cream) should not be offered as snacks.
- ✓ Dried fruit should not be offered at snack time as they are high in sugar
- ✓ Tinned fruit shouldn't be offered at snack time, even if in natural juice, as it contains sugar that can damage teeth.
- ✓ Include a starchy food at least once each day at snack time.
- ✓ Foods high in fat and salt should not be avoided e.g. crisps, pastries, salami
- ✓ Water and milk are the only suitable drinks to offer with snacks
- ✓ For interesting snack ideas and recipes, consult the website. There are even snack recipes that children can help to make.

Examples of acceptable and unacceptable snack foods	
Acceptable snacks	**Unacceptable snacks**
✓ Fresh fruit ✓ Fruit kebabs ✓ Pitta bread ✓ Dips such as hummus, guacamole and salsa ✓ Vegetable sticks of cucumber,	• Biscuits – even semi-sweet biscuits i.e. rich tea biscuits • Flapjacks • Chocolate • Boiled sweets • Ice cream

carrot or celery ✓ Cherry tomatoes ✓ Breadsticks ✓ Rice cakes ✓ Oatcakes ✓ Homemade potato wedges ✓ Naan breads ✓ Cheese cubes ✓ Cheese triangles ✓ Popcorn, homemade, unsalted ✓ Scones, plain or cheese ✓ Crumpets or English muffins with a savoury spread ✓ Plain yoghurt with added fresh fruit for sweetness ✓ Toast with suitable spread (see menu planning section)	• Cake • Doughnuts • Muffins • Crisps • Dried fruit and dried fruit style snacks • Canned fruit • Fruit smoothies

Remember, children can be offered just small snacks (i.e. ½ a crumpet) if there is a danger of ruining their appetite

Healthy cooking methods

The following criteria are important to ensure that the food provided is prepared following healthy eating principles.

- ✓ Unsaturated oils and fats should be used in food preparation and cooking. Good choices include rapeseed, blended vegetable oil, soya, corn or sunflower.
- ✓ Frying should be replaced by lower fat cooking methods where possible e.g. oven baking/grilling fish fingers or nuggets. Oven chips are a better alternative than fried chips.
- ✓ Salt should not be added to vegetables/potato in cooking
- ✓ Salt substitutes are not suitable for young children. E.g. Lo Salt.
- ✓ Salt or sauces such as ketchup or brown sauce should not be available at the table.
- ✓ Vegetables should be cooked as soon before service as possible. Early cooking and holding of vegetables will destroy the water-soluble vitamins. Steaming is a good alternative to boiling vegetables.

Cost cutting tips

- ✓ Offer a starchy food with each meal as they are nutritious and add bulk to meals.
- ✓ Use vegetables and fruit that are in season as they are often cheaper.
- ✓ Frozen fruit and vegetables can often be cheaper than fresh.
- ✓ Lean cuts of meat are cheaper than fatty meat cuts, as there is less meat after you cut the fat away.
- ✓ Add vegetables, beans or pulses to stews, curries and other meat dishes to increase the bulk.