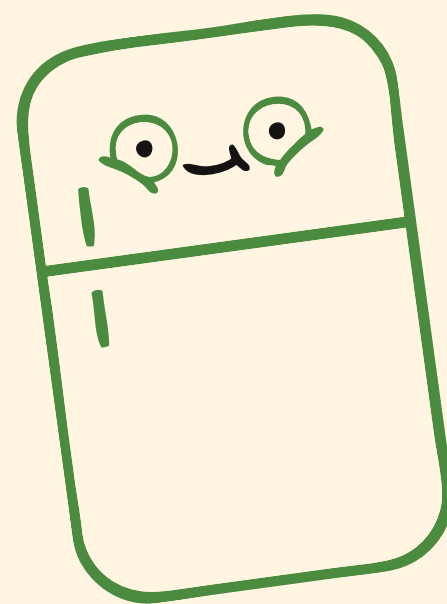
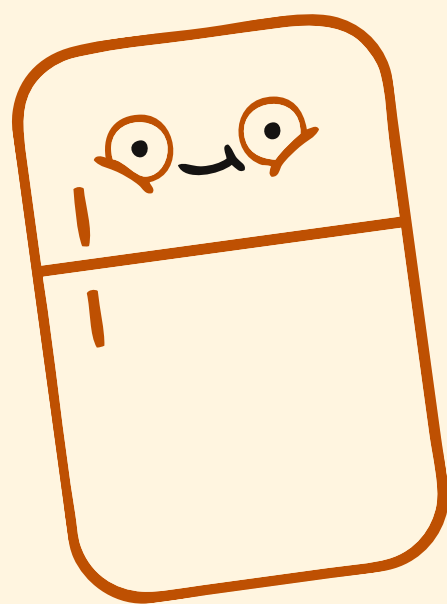
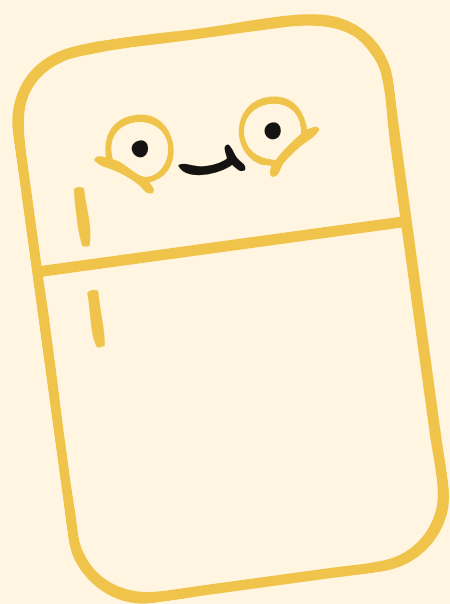
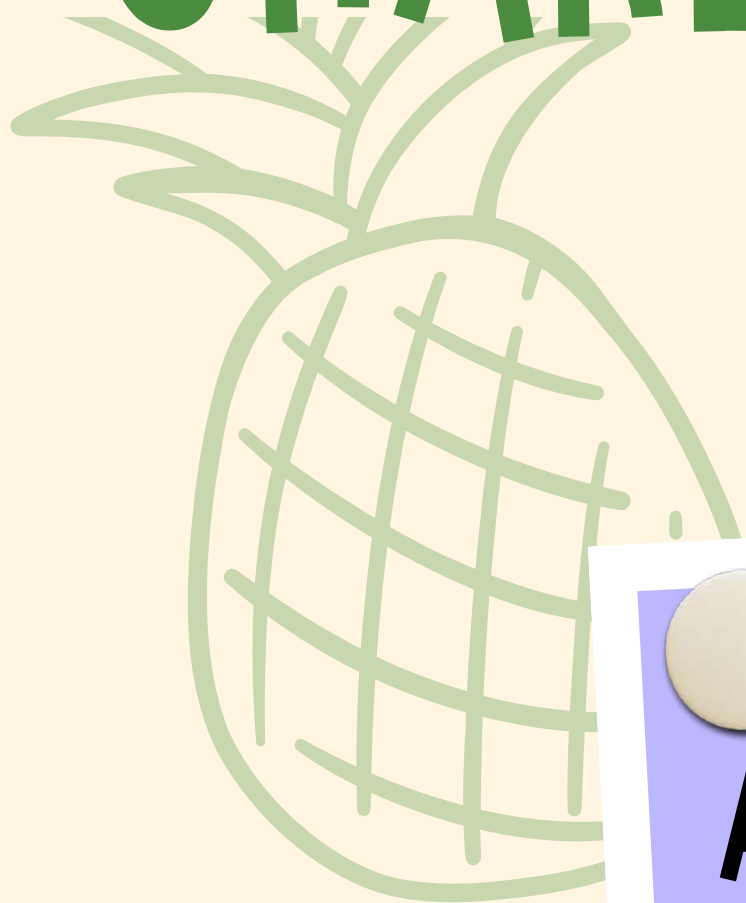
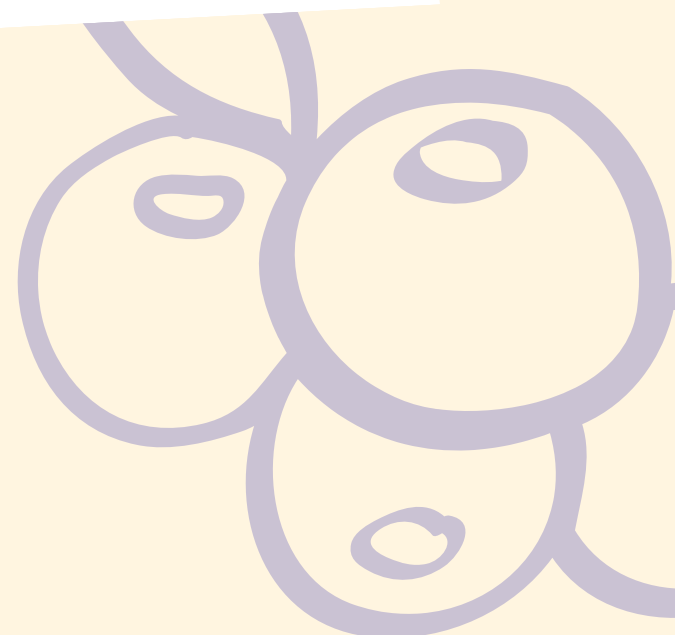


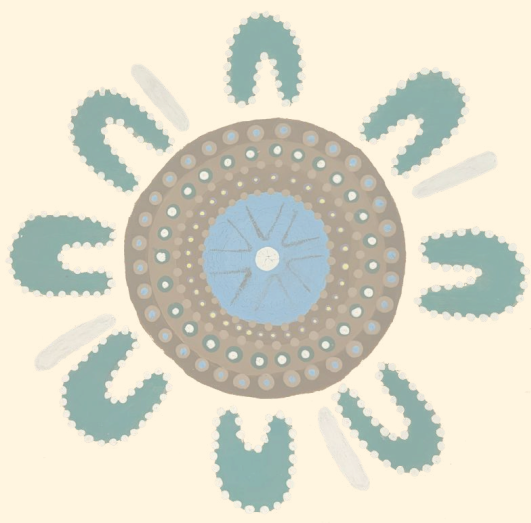


SHAKE THE FDTDGE
SHAKE THE FRIDGE
SHAKE THE FRIDGE



**A young person's
guide to budget
shopping, cooking
and everything in
between**

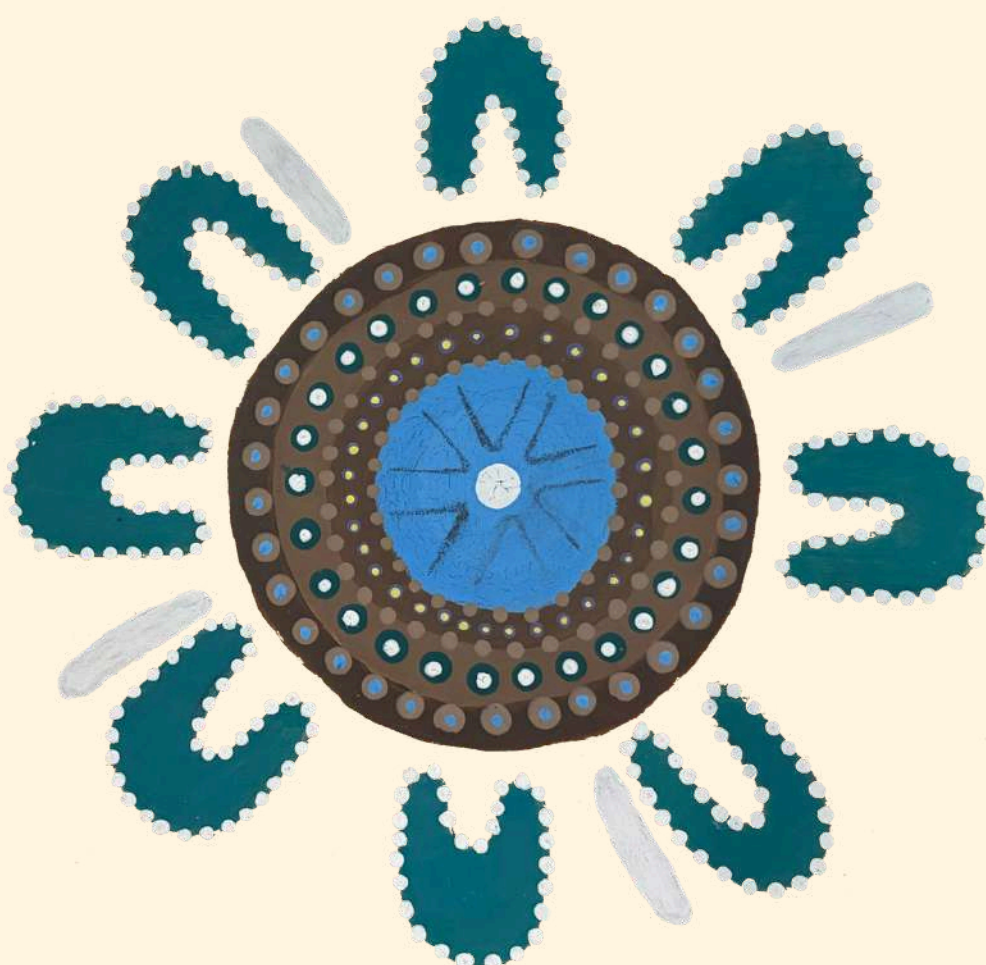




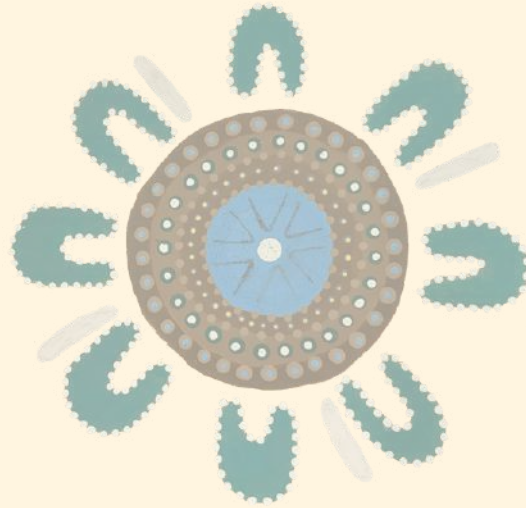
ACKNOWLEDGEMENT OF COUNTRY

The authors would like to
acknowledge that this guide was
created on the lands of the Dunghutti
people.

We pay our respect to elders, past,
present and emerging and recognise
their enduring connection to the land,
waters and community. We further
acknowledge their ongoing
contributions to the cultural and
spiritual well-being of this region.

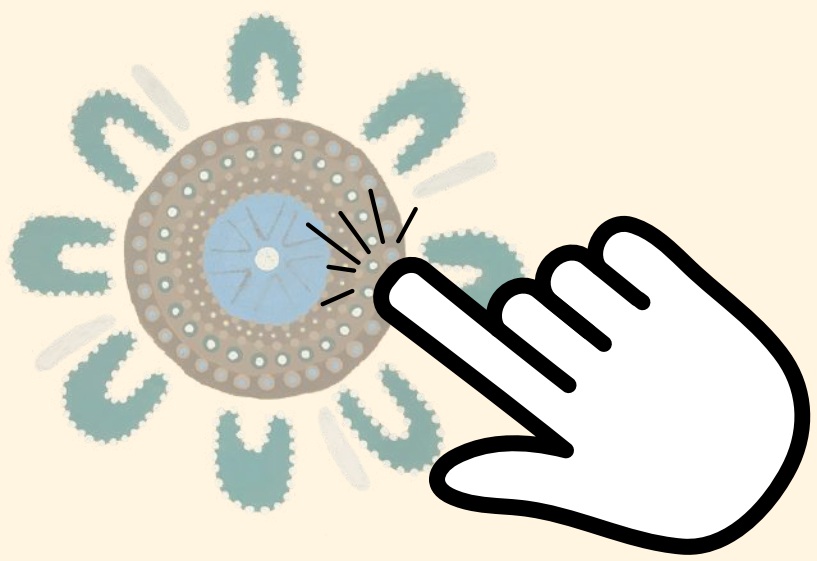


AUTHOR ACKNOWLEDGEMENTS



This resource was originally created in 2025 by Student Dietitians from the University of Sunshine Coast.

It was updated in 2026 by Student Dietitians from the University of Newcastle, with valuable input from young people and staff at YP Space.

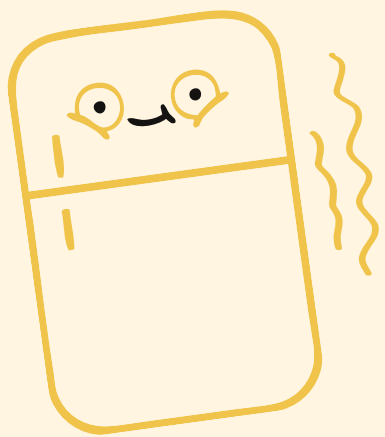


Don't want to scroll to the top?
When accessing this electronically -
Tap this symbol to go straight back
to the contents page

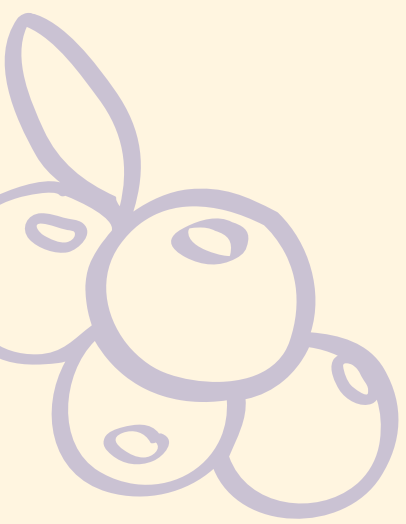
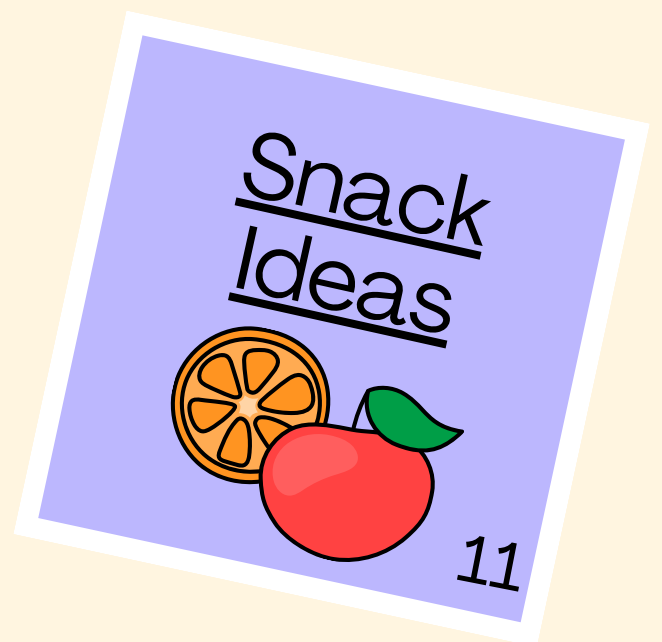
HOW TO USE THIS RESOURCE

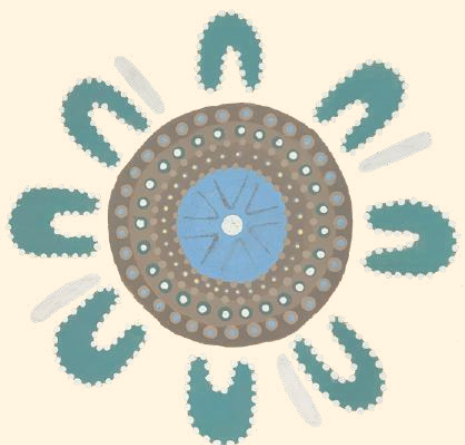
The contents page also has tile for
each topic in this resource.
Just one click on the tile you want
to look at and you're there!





CONTENTS





FOOD BANK & DISCOUNT FOOD OPTIONS

YPSpace

Weekly Cook-Up

Tuesday, 4-7pm

YPS Kempsey



OzHarvest



Deliver meals & donated food

Visit website:

<https://www.ozharvest.org/your-local-ozharvest/port-macquarie/>

Food Connect

Provide free food donated from OzHarvest
& Woolworths in one place

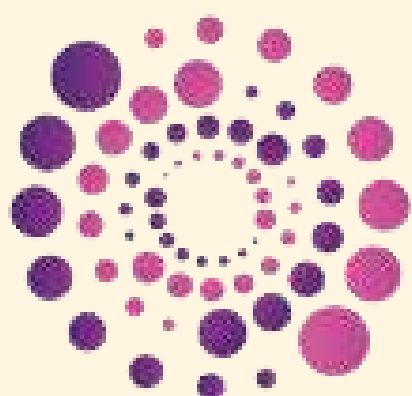
Every Tuesday,

8:00am: Brekkie Cook-up

9:00am - 10:30am: Food Collection

Hastings Neighbourhood Centre

2 Dodds St, Port Macquarie NSW 2444

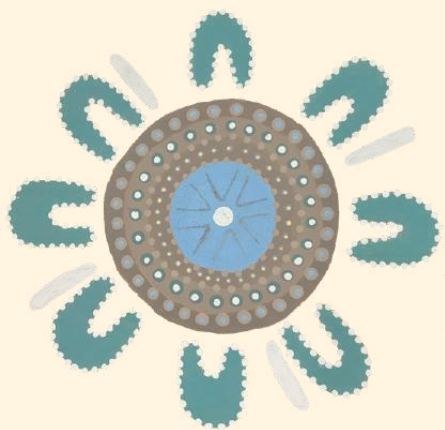


4Life Care Port Macquarie

Food pantry, Deliveries, & Parcels

Visit website:

care.4life.org.au/services/



FOOD BANK & DISCOUNT FOOD OPTIONS

PCYC

Provide frozen meals free of charge

Opening Hours:

Mon-Fri, 3pm-10pm

Sat-Sun, 8am-6pm

12 Owen St, Port Macquarie



Souper Van



Free fruit, vegetables, bread and soup

Wednesday, 5:30-7pm

Bain Park High Street, Wauchope

The Hope Shop

Provide food and clothing

0478 558 079 to book appt

3 Milton Circuit, Port Macquaire



Salvation Army

Provide groceries, clothing

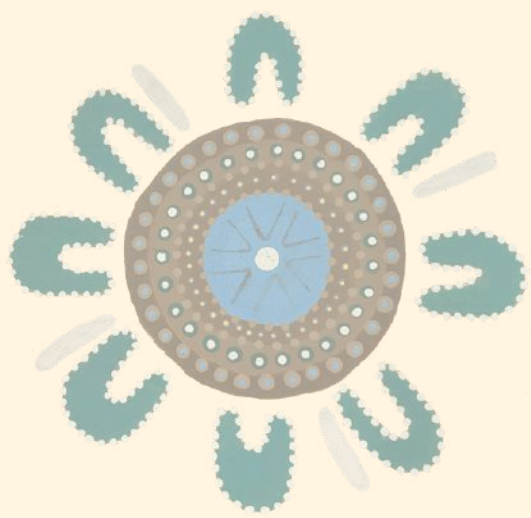
Wednesday, 9-10:30am

Salvation Army Church

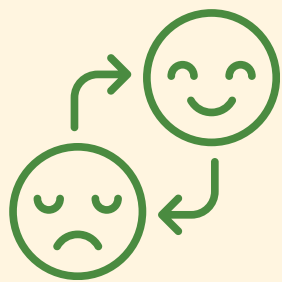
110 Lord Street, Port Macquaire

*It can be hard to find help, but **help is out there!***

Contact any local organisations directly to confirm
the services they provide



Food is Fuel



More Energy & Better Mood – eating a range of foods keeps you energised and improves mood

Stronger Body – Supports growth, and fights off sickness

Long term benefits – eating healthy foods can reduce the risk of type 2 diabetes, heart disease, cancers, obesity and more.

Eat as Many Colours as You Can 🌈
More Colours = More Benefits



Red foods



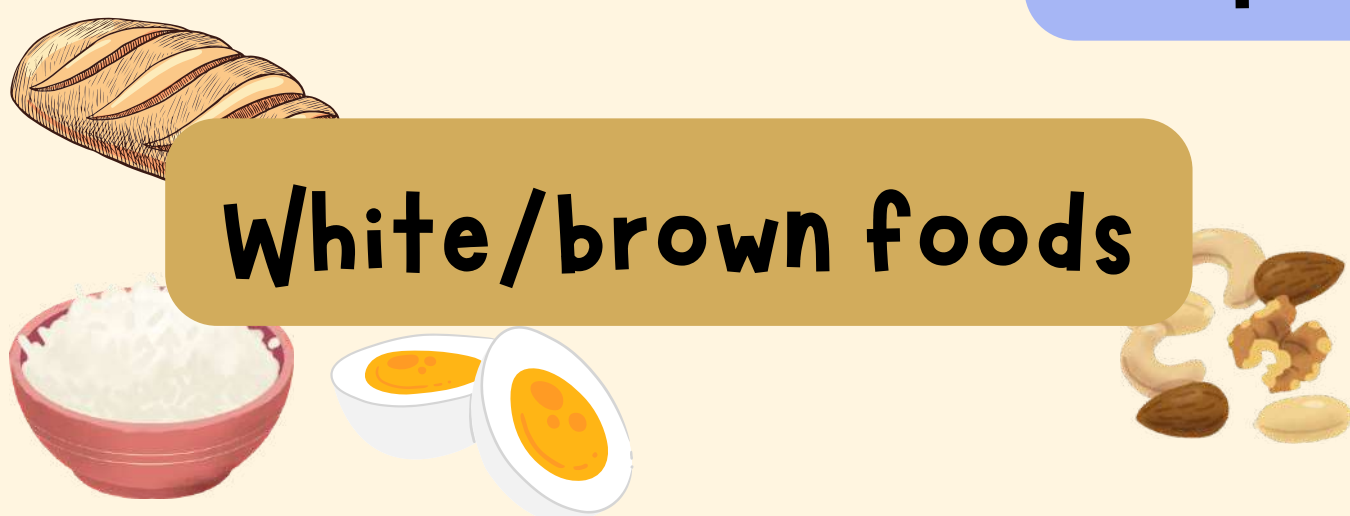
Orange/yellow foods



Green foods



Purple/blue foods



White/brown foods

How to Build a meal!

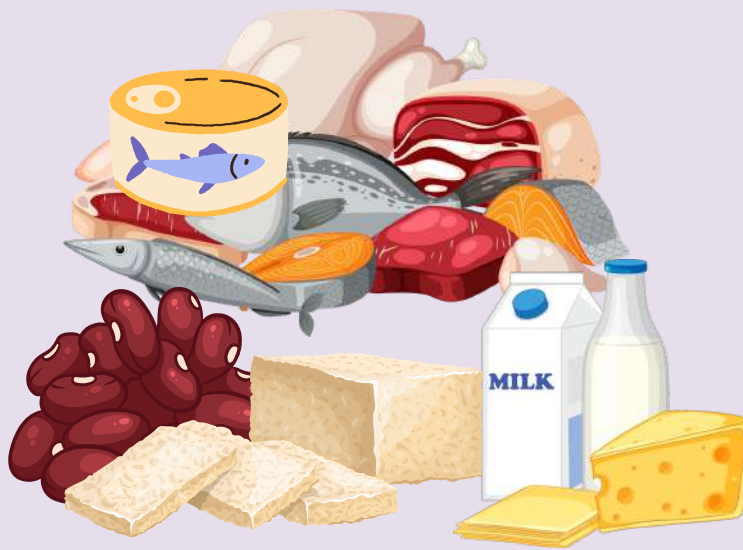
You will need:

- A **carbohydrate** for a source of energy
- Some colour – add some **fruits or vegetables**
- A **protein** to keep you full and strong

Fruit + Vegetables



Protein



Carbohydrate

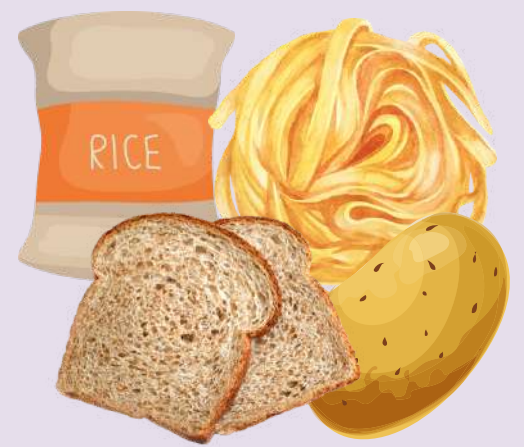
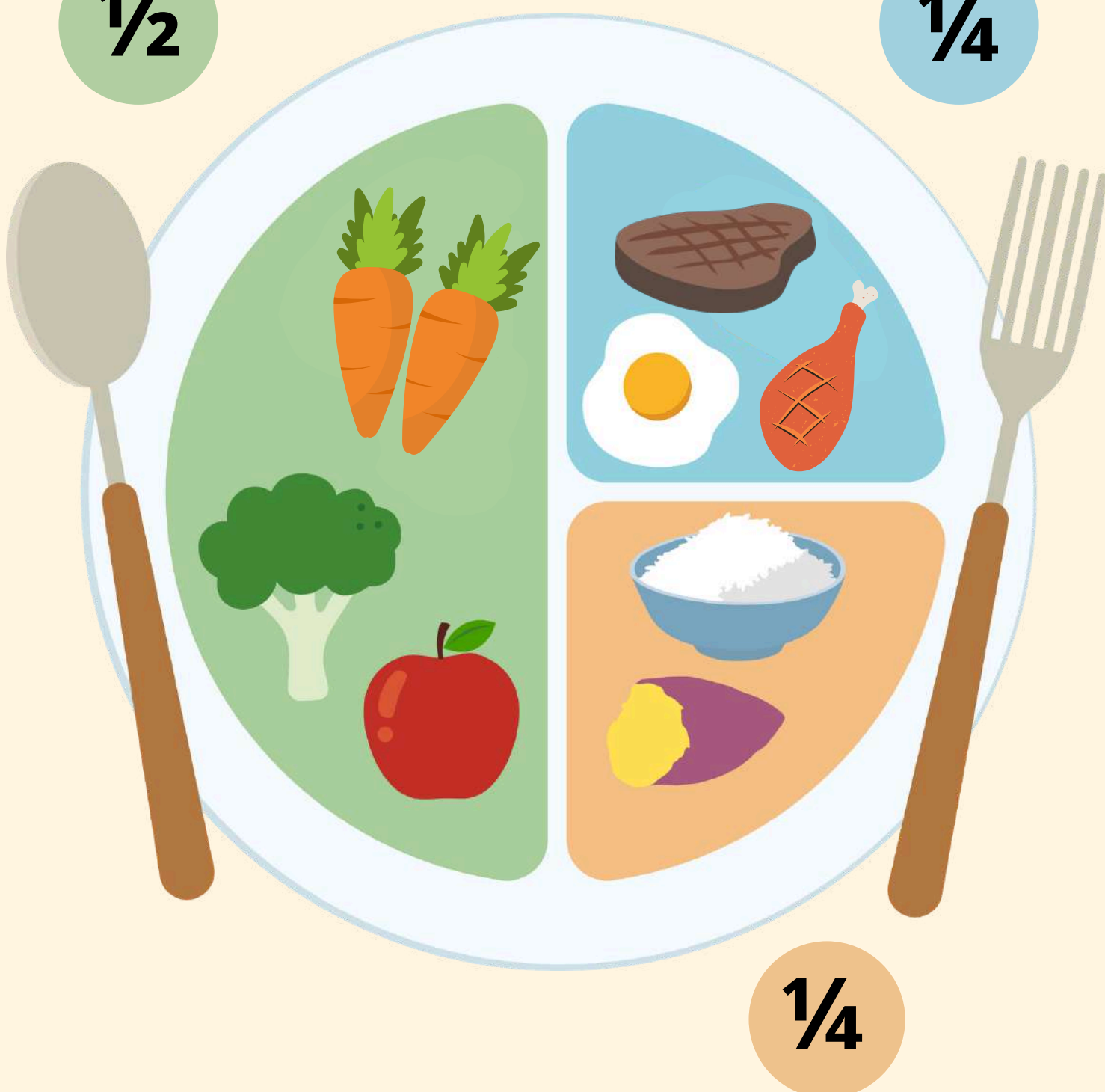


Plate of **veg/fruit**

$\frac{1}{2}$

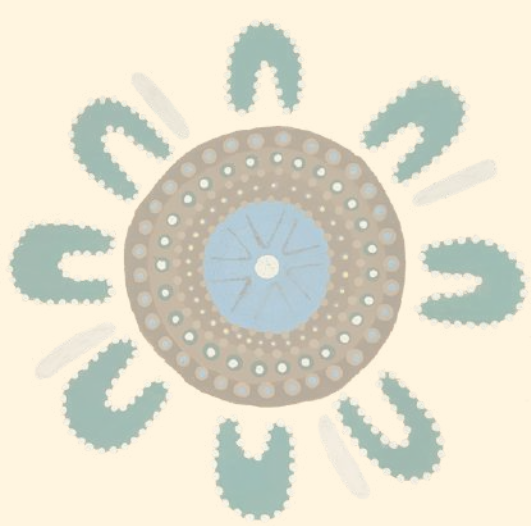
Plate of **meat/protein**

$\frac{1}{4}$



$\frac{1}{4}$

Plate of **starchy/ carbohydrate** foods



Food is Fuel

On a Budget! 🌈

You don't need to spend heaps to eat well. Go for cheap staples like:

🍞 **Wholemeal bread & rice** – Keeps you full

🥫 **Frozen or canned veggies & fruit** – cheap, colourful

🔍 **Eggs, beans & lentils** – Protein-packed and affordable

🧀 **Cheese & yoghurt** – Good for bones and snacks

CHEAP SWAPS



\$0.30

20g Potato Chips



\$0.10

20 g Air- Fried Popcorn



\$5.00

Bag of Lollies



\$4.00

Bunch of Frozen Grapes



\$6.00

Bakery Muffin



\$0.50

Homemade Muffin



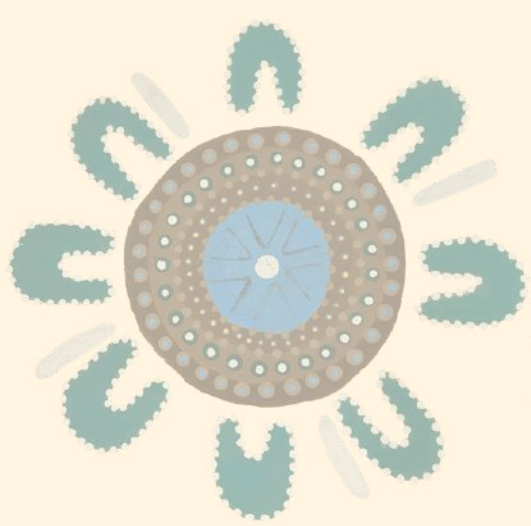
\$0.50

Sugary Cereals



\$0.10

Porridge



Grab and Go



Quick and easy snacks for those busy days



1 Pink Lady Apple ~**\$1.20**

1 Banana ~**\$1.50**

1 Mandarin ~**\$1.50**

1 Pear ~**\$0.60**



Edgell Snack Time Tins

1 tin for **\$1.60**

Different food combinations & flavours available



Dairy Farmers Vanilla Yoghurt

4 for **\$5.50**

1 tub = **\$1.35**



Uncle Toby's Muesli Bars

One box provides 15 bars for **\$8**

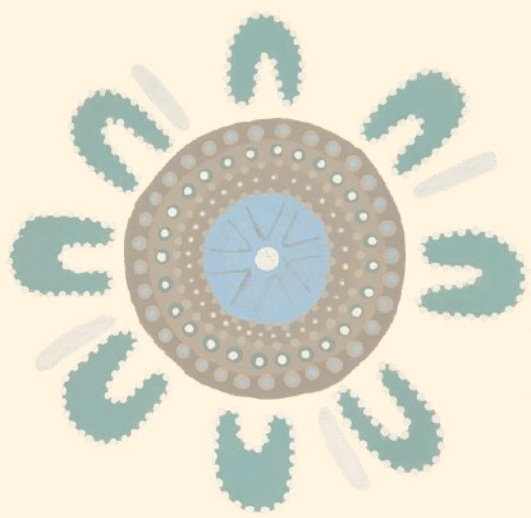
1 bar = **\$0.53**



Tasty Cheese & Crackers

One box has 4 snacks for **\$4.50**

1 packet = **\$1.12**



YOUR DRINK GUIDE

Water Is King

EFFECTS OF SOFT DRINKS AND ENERGY DRINKS:

- ⚡ Crash your energy
- 😴 Mess with your sleep
- 😞 Affect your skin and mood
- 💸 Cost heaps and don't keep you full



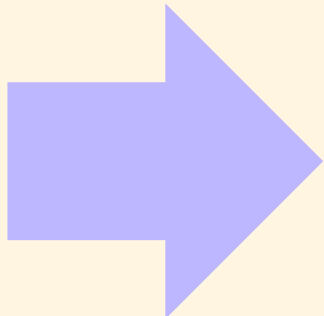
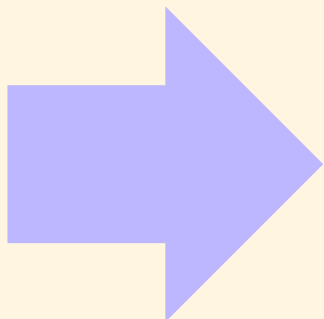
POSSIBLE BENEFITS TO DRINKING MORE WATER

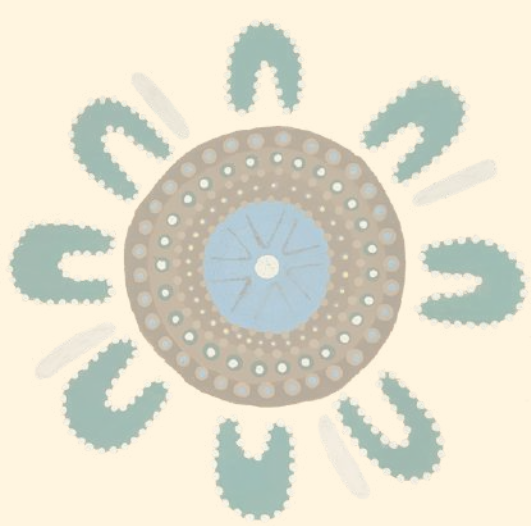
- Free and easy
- Reduces risk of getting sick
- Fewer headaches
- Clearer skin



EASY SWAPS

- Try this instead:
- ✓ Swap to no-sugar versions
 - ✓ Swap soft drink for soda water or flavoured cordial
 - ✓ Cut back to 1–2 a week — that's a strong move
 - ✓ Choose your own balance — no bans, just better habits.





GUIDE TO ...

Takeaway Tips

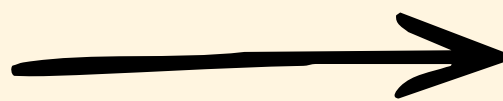
Takeaway is fast and convenient, but can be expensive!

Swapping everyday takeaway to occasional will have your body and wallet thanking you

Eat Good Feel Good

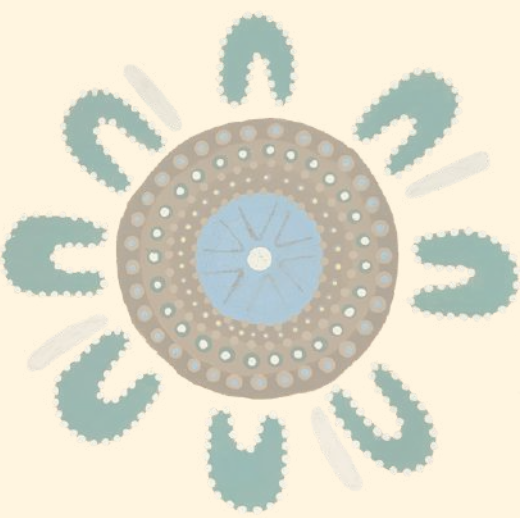
- **Takeaway** food can have **very high levels** of **fat** and **salt**
 - Too much fat and salt can lead to **health issues**
- **Cooking at home can reduce** your fat and salt intake!
 - AND it works out cheaper!

For your **occasional takeaway**, try places where you can **choose toppings** and more **vegetable options** instead:



TIPS AND TRICKS:

- Choose **grilled** meat rather than fried!
- Choose **water** or **sugar-free drinks**!
- Choose **more salad**, order as a **side**!



BUDGET FOOD TIPS

DURING SHOP!



Look for homebrands

HEINZ BEANZ THE ONE FOR TWO Baked beans in a deliciously rich tomato sauce. 300g e. \$2.90

→

Woolworths Baked Beans in Tomato Sauce. No added preservatives. 420g e. \$1.10

Pre-cut foods = more \$\$ buy the whole fruit or veg

Pre-cut fruit (Watermelon, Pineapple, Melon) is crossed out with a large X. An arrow points to whole vegetables: a green bell pepper, three tomatoes, and a watermelon.

Look at the UNIT PRICE

Select cheapest price per 1kg or per item

Woolworths Frozen Blueberries 500g

★★★★☆ 4.7 [Read 2368 reviews](#)

Lower Shelf Price

\$5.70

\$11.40 / 1KG ←

Was \$6.20 - 13/05/2025

Save to list Add to cart

Blueberries Punnet 125g

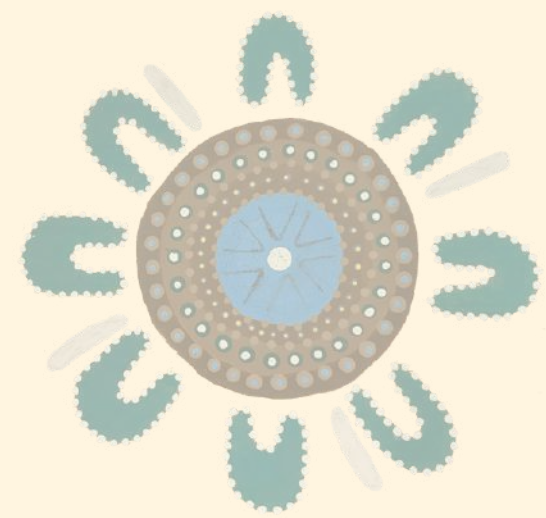
\$8.90

\$71.20 / 1KG ←

Save to list Add to cart

Check for CLEARANCE or QUICKSALE ITEMS



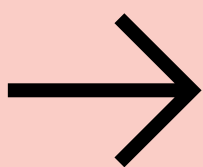


BUDGET FOOD

TIPS THIS INSTEAD OF THAT



\$40/kg

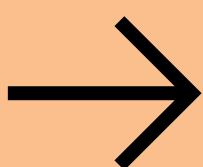


\$6.50/kg (\$12.50 each)

- Buy whole meat instead of pre-cut
- More bang for your buck \$



\$10.50/ 500g

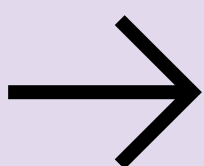


\$1.90/400g

- Add beans to your meals
- More filling
- Cheap



\$5 each OR \$1/serve

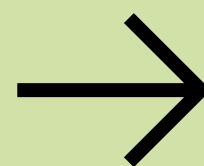


\$4.40 OR \$0.30/serve

- Make your own chicken noodles
- It has less salt and better quality carbs
- Feel fuller for longer



\$9/kg

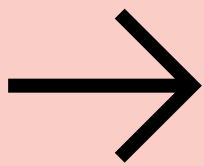


\$7.30/kg

- Buying frozen veg lasts longer
- It is cheaper too!



\$10 each OR \$2.17/100g

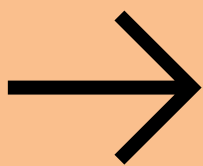


\$7 each or \$0.58/100g

- Weet-Bix instead of Fruit Loops
- Not loaded with sugar and actually fills you up!



\$12.50 each OR \$1.67/100g

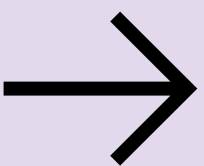


\$7.40 each Or \$0.98/100g

- Peanut butter instead of Nutella
- Peanuts keep you fuller for longer



\$2 each

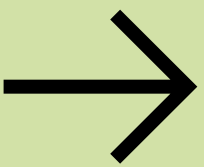


\$0.80 each

- Try yogurt instead of custard
- It's better for you and tastes just as good!

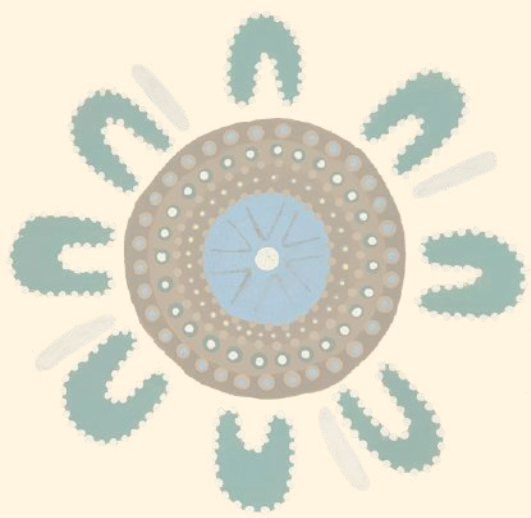


\$6.90 each



\$3.20 each

- Make your own glass of chocolate milk using Milo
- It is cheaper and will last longer!



BUDGET FOOD

TIPS

POST SHOP!



Put Cold Items Away First

Refrigerate or freeze cold food immediately to keep them fresh and extend shelf life.

Review and Update Your Meal Plan

Prioritise using fresh foods early in the week (like leafy greens or soft fruit).

Cook in Bulk (if Possible)

Freeze leftovers and use when you are short on time / don't feel like cooking.

Know for Next Time

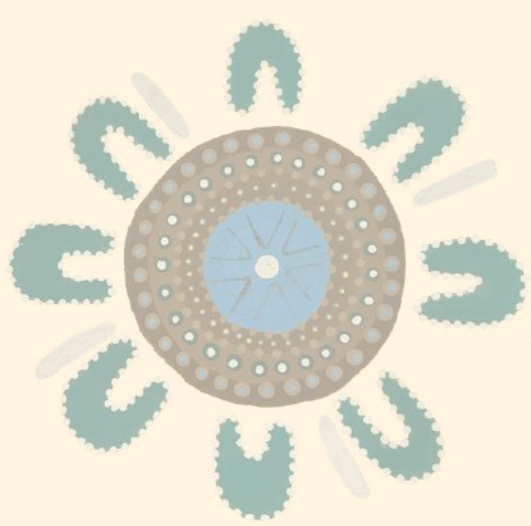
Don't buy foods that you don't use or you didn't like to save some money.

Use Opened Items First

Making sure you use what's opened first helps reduce waste

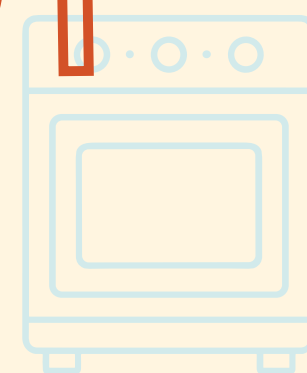
Less waste = Money saved



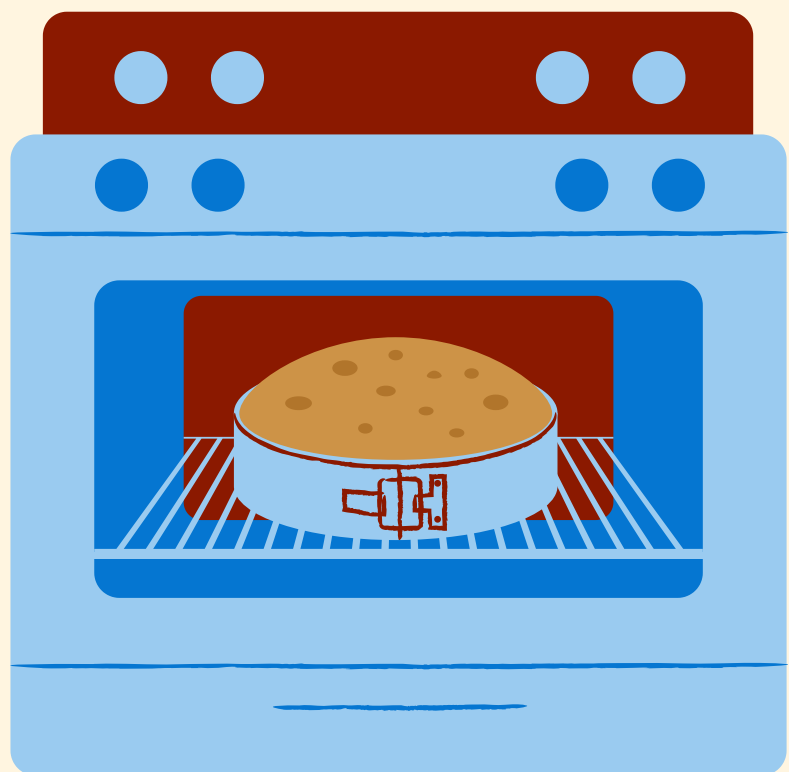


COOKING 101

EQUIPMENT SWAPS



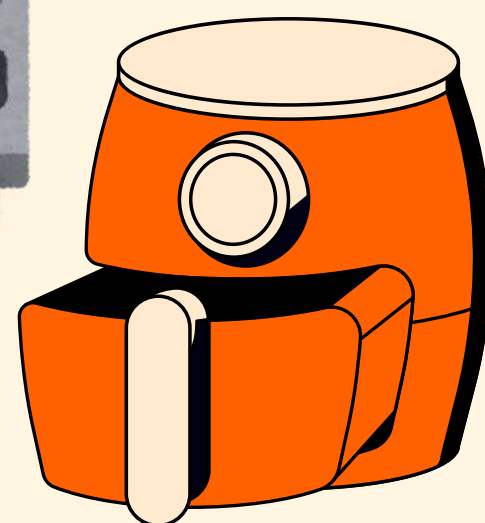
No Oven?



You can use **Air Fryers** and **Microwaves** instead



MICROWAVE



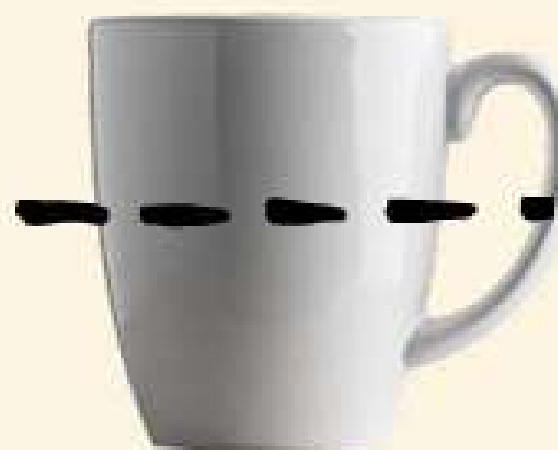
AIRFRYER

No measuring cups or spoons?

Normal kitchen items do the same thing



1 cup



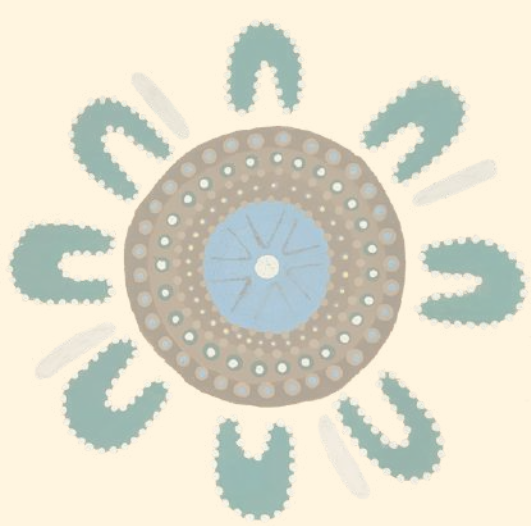
1/2 cup

Tablespoon



Teaspoon





COOKING 101

KNIFE SKILLS

A sharp knife is safer than a blunt knife. Blunt knives can slip on food and cause accidents.



Use a stable surface when chopping. Put a damp cloth underneath the board to stop it slipping. Food can also be slippery.



“Claw” your non-cutting hand to protect fingers.



Keep it clean!
Wipe knife between foods.
Wash well after use with meats.



SPICE UP YOUR LIFE

Herbs and Spices can enhance foods flavour WITHOUT additional salt

\$ Beginner Budget Spice List



1. Onion Powder (~\$2)

- Sauces and Pastas



2. Garlic Powder (~\$2)

- Sauces and Pastas



3. Mixed Herbs (~\$2)

- Pasta sauces, stews, scrambled eggs, roasted vegetables



4. Paprika (~\$2)

- Eggs, stir-fry, roast chicken and vegetables



5. Cumin (~\$2)

- Mexican or Indian flavours



~\$1.50

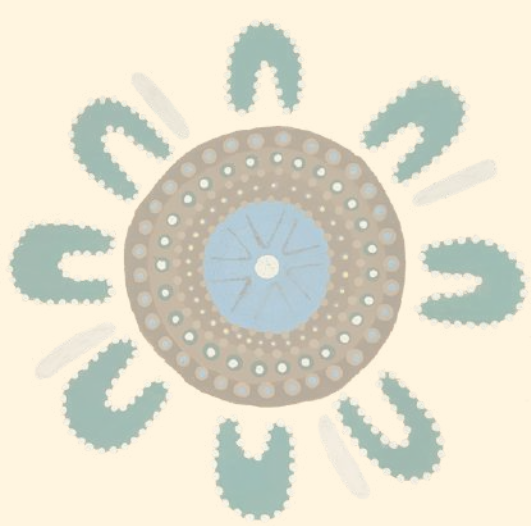
~\$4.00

SPICE BLENDS

Pre-made spice mixes can be more expensive but are convenient

NOTE: buying homebrand is cheaper, and the flavour is the same





FOOD SAFETY GUIDE

Clean

Wash hands, wipe surfaces, use clean equipment and wash produce if needed



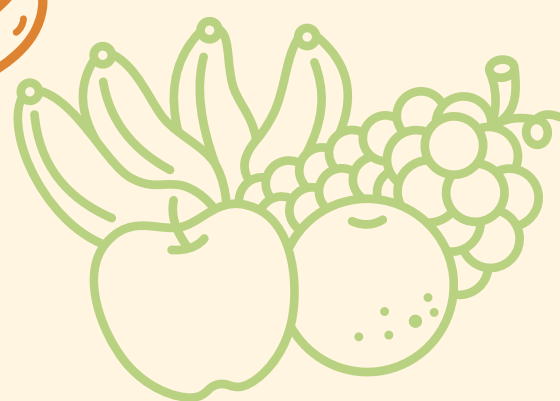
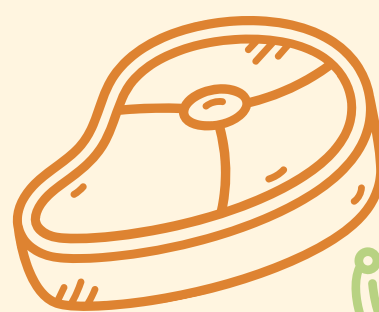
Separate

Store meat and veg separate, use different equipment or clean it in between prepping meat and other foods

Cook

Don't eat raw meat as it can make you sick.

Chicken has to be cooked completely, no pink. Red meat can be a little pink



Product Dates

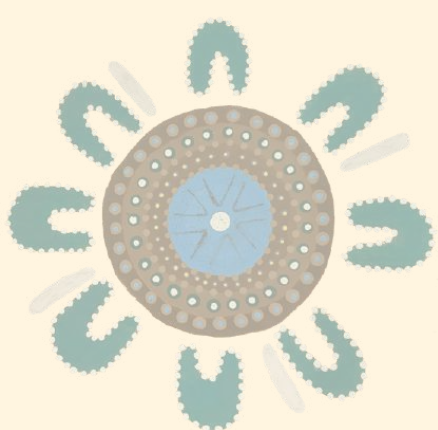
Use-By

You shouldn't eat food after the use by date, even if it looks or smells fine — it could make you sick.

Best-Before

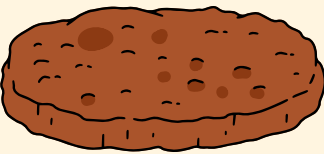
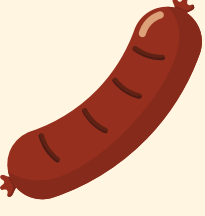
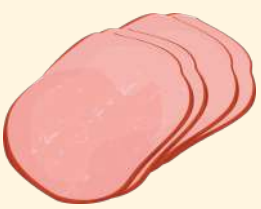
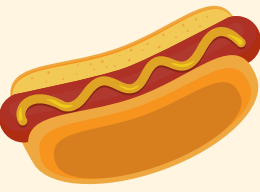
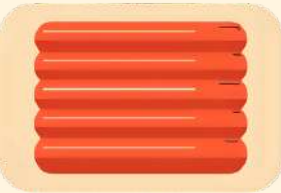
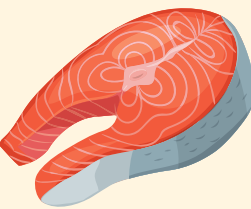
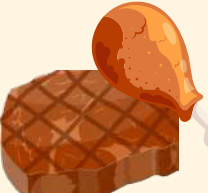
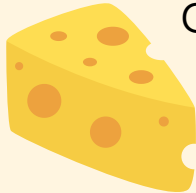
A best before date tells you when food is at its best quality.

It's still safe to eat after that date if it looks, smells and tastes ok.

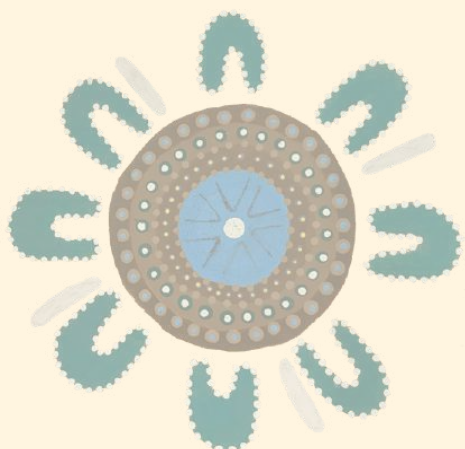


FOOD SAFETY

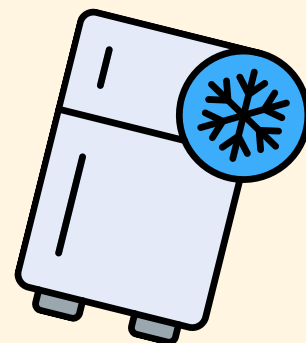
FOOD STORAGE TIMES

Mince		Raw	 2-3 days  2-3 months		Cooked	 3-4 days  2-3 months	
Fresh Meat		Steak		Chops		Roast	 3-5 days  4-12 months
Bacon & Sausages		Raw		Cooked			 1 week  1 month
Fresh Poultry		Whole chicken		Pieces of chicken			 1-2 days  9 months
Lunch Meat		Opened/ deli sliced		Unopened			 1-3 weeks  1-2 months
Hot Dogs		Opened		Unopened			 2 weeks  1-2 months
Fish		Tuna		Salmon		White fish	 1-3 days  1-3 months
Eggs		Raw eggs		Boiled eggs			 5-7 days  3-4 months
Batch cook		Soups & stews		Pasta bake			 3-4 days  2-3 months
Leftovers		Meat & Chicken		Pizza		Asian takeaway	 3-4 days  1-2 months
Bread & Baked Goods		Pasta					 3-4 days  2-3 months
Dairy		Milk		Yoghurt		Cheese	 3-4 days  2-4 weeks  6 months
Salad			 3-4 days  Not suitable for freezing				

21



FOOD SAFETY



Does it Freeze?

YES 100% 

MAYBE NOT 

Meats

Seafood

Fruit Juice

Cooked Veggies

Berries/ Bananas

Bread/Buns

Rice

Muffins/Cake

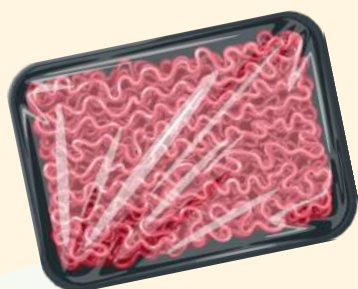
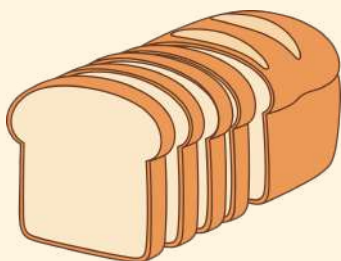
Crumpets

Meat Pies

Butter/Margarine

Shredded Cheese

Milk



Citrus Fruits

Cucumbers

Lettuce

Uncooked Veggies

Raw Potatoes

Custard

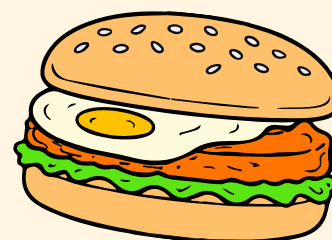
Cooked Pasta

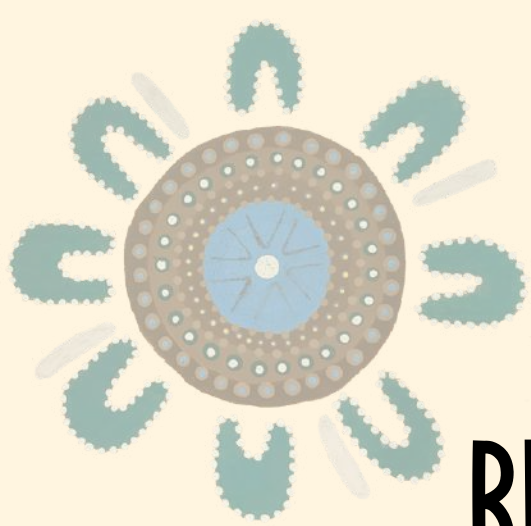
Whole Eggs

Cream

Mayo-based Sauces

Fried Foods





FOOD SAFETY



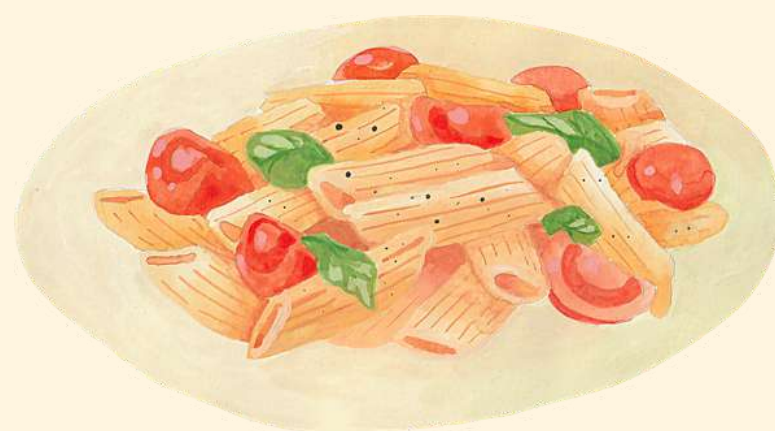
REHEATING FOOD INSTRUCTIONS

Foods that can be reheated in the microwave



Leftovers & Rice

2-3 minutes



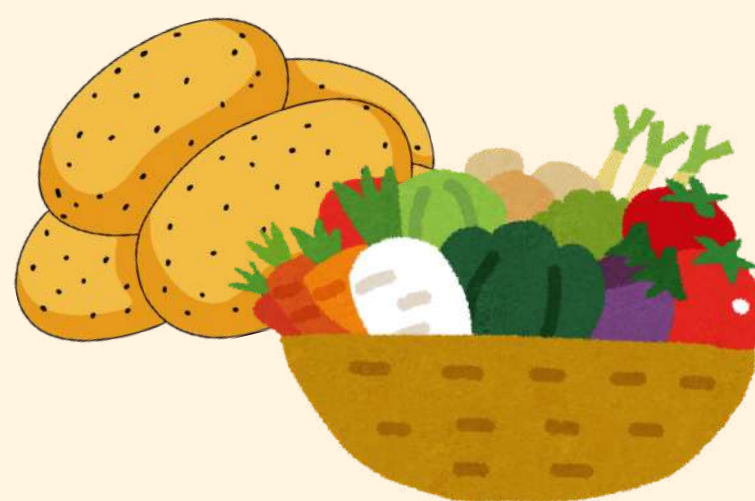
Pasta

2-3 minutes. Add a splash of water to prevent drying



Chicken & Meat

30-60 second bursts,
stirring for even heat



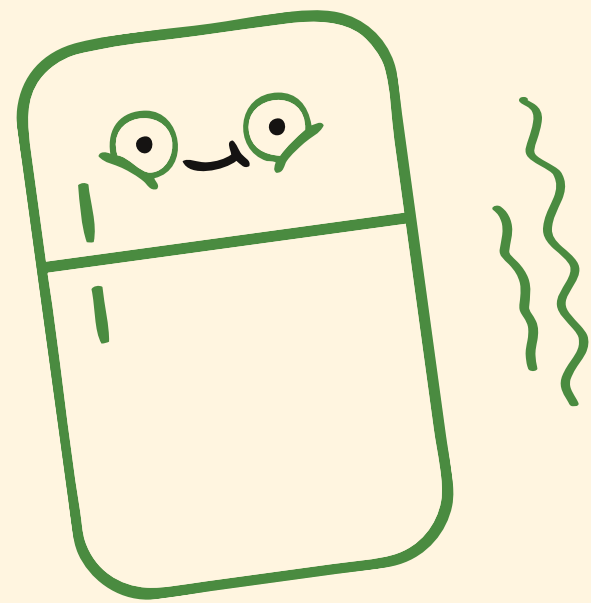
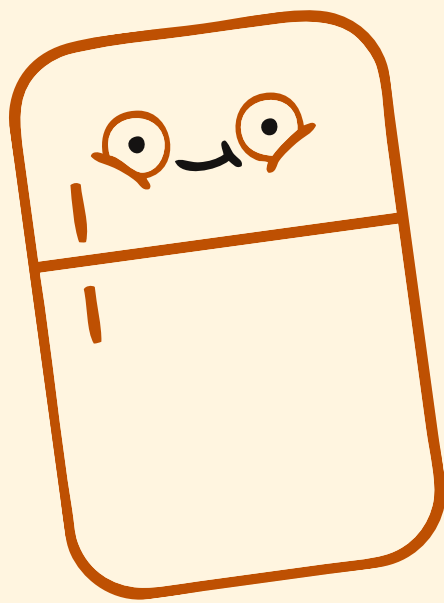
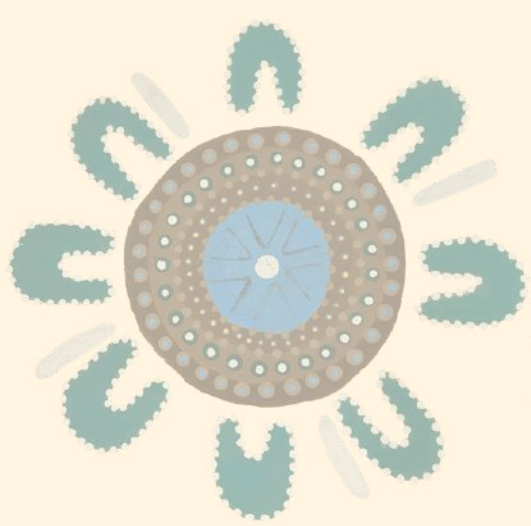
Potatoes & vegetables

2-4 minutes

Food Safety Tips.

- Reheat food only **once**
- Ensure food is piping hot (over 75°C)
- Refer to '**FOOD STORAGE TIMES**' guide to know how long you can keep food for.

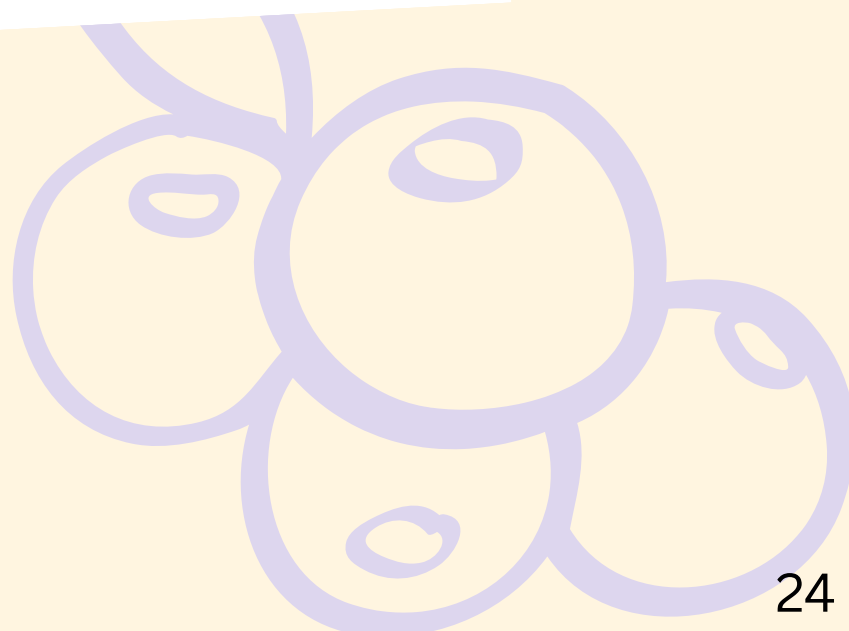


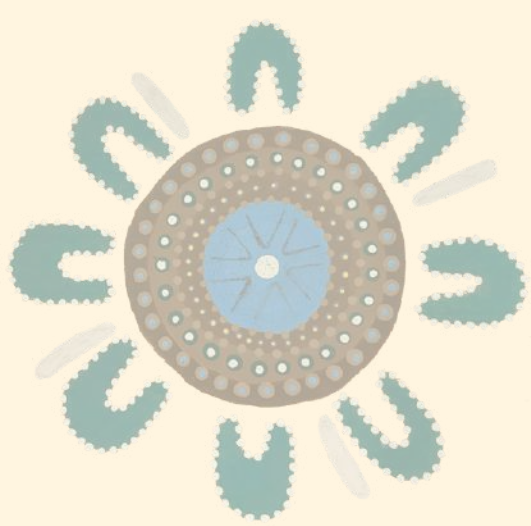


DECTDES DECTDES RECIPES



**Discover simple
and tasty recipes
to fuel your day**





MICROWAVE ONLY

Quick Meals



Rice Bowl

Need: Pre-cooked, sliced chicken breast, tomato, microwave rice, grated cheese.

Do: Microwave rice and cheese 40sec.
Add tomatoes + chicken.

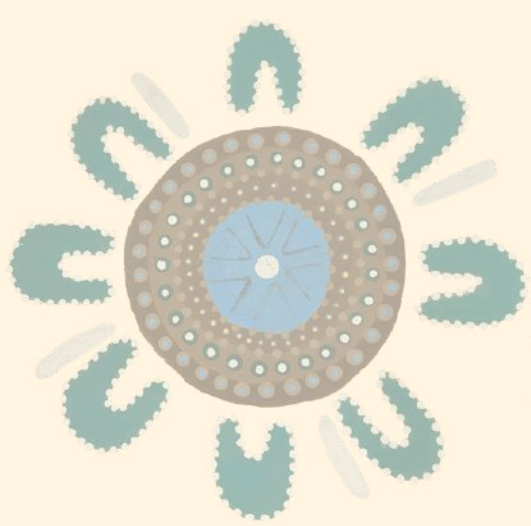


Mini Pizza

Need: Mini pizza bases, tomato paste, cheese, vegetables, chicken.

Do: Spread paste on base.
Add vegetables + chicken.
Top with cheese.
Microwave 1-2 minutes until cooked.





MICROWAVE ONLY

Quick Meals



Jacket Potato

Need: Potato, cheese

Topping options: Tuna, beans, mixed veg, bolognese sauce.

Do: Pierce potato, microwave 5-8mins until soft. Cut and fill with cheese and toppings of choice.



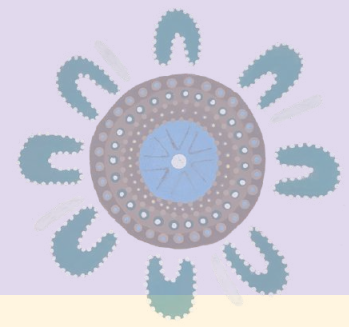
Easy Nachos

Need: Corn chips, cheese, salsa.

Topping options: Canned beans, corn, chopped tomato, leftover rice.

Do: Microwave corn chips with all toppings until cheese is melted.





OATS 2 WAYS

PORRIDGE

SERVES 1



Base Ingredients:

- ½ cup rolled oats
- 1 cup water or milk of choice



Instructions:

1. In a microwave-safe bowl, combine oats and water or milk.
2. Heat in microwave on high for 2–3 minutes, stir halfway through.
3. Add toppings if desired and serve warm.

OVERNIGHT OATS

SERVES 1



Base Ingredients:

- ½ cup rolled oats
- ½ cup water or milk of choice



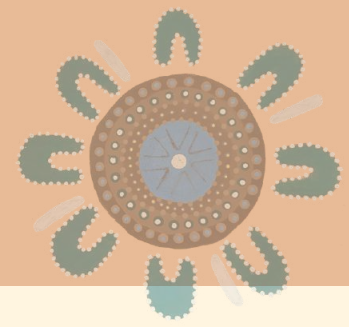
Instructions:

1. In a jar or container, mix oats, and milk.
2. Add toppings of choice
3. Cover and refrigerate overnight.
4. In the morning, give it a quick stir and enjoy cold or warm it up if you prefer!



Topping Options

Chopped apple, frozen berries, banana, yogurt, dried fruit



EGGS 2 WAYS

SCRAMBLED EGGS

SERVES 1



Ingredients:

- 2 eggs
- Salt, pepper
- grated cheese
- *Optional:* herbs, veg such as spinach/tomato



Instructions:

1. Scramble eggs in a pan with a bit of oil or milk.
2. Season and cook until soft but set.
3. Spoon onto a piece of toast or a wrap

BOILED EGGS



Ingredients:

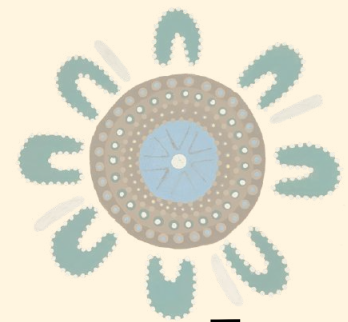
- Eggs



Instructions:

1. Place eggs in a saucepan and cover with cold water.
2. On stove top, bring eggs to a boil over medium heat, then reduce to a gentle simmer.
 - Cook 3–6 minutes for soft-boiled or
 - 8–12 minutes for hard-boiled
3. Transfer eggs to cold water, then tap and peel under running water.





Food looking a bit sad?

Don't waste it!

BANANA PANCAKES

SERVES 2-3

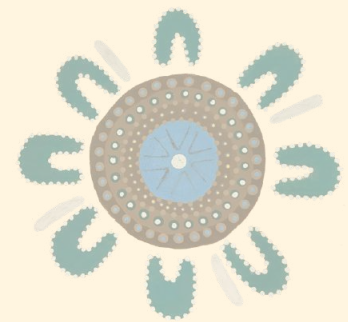
Ingredients

- 2 brown bananas
- $\frac{1}{3}$ cup self-raising flour
- $\frac{1}{2}$ teaspoon cinnamon (optional)

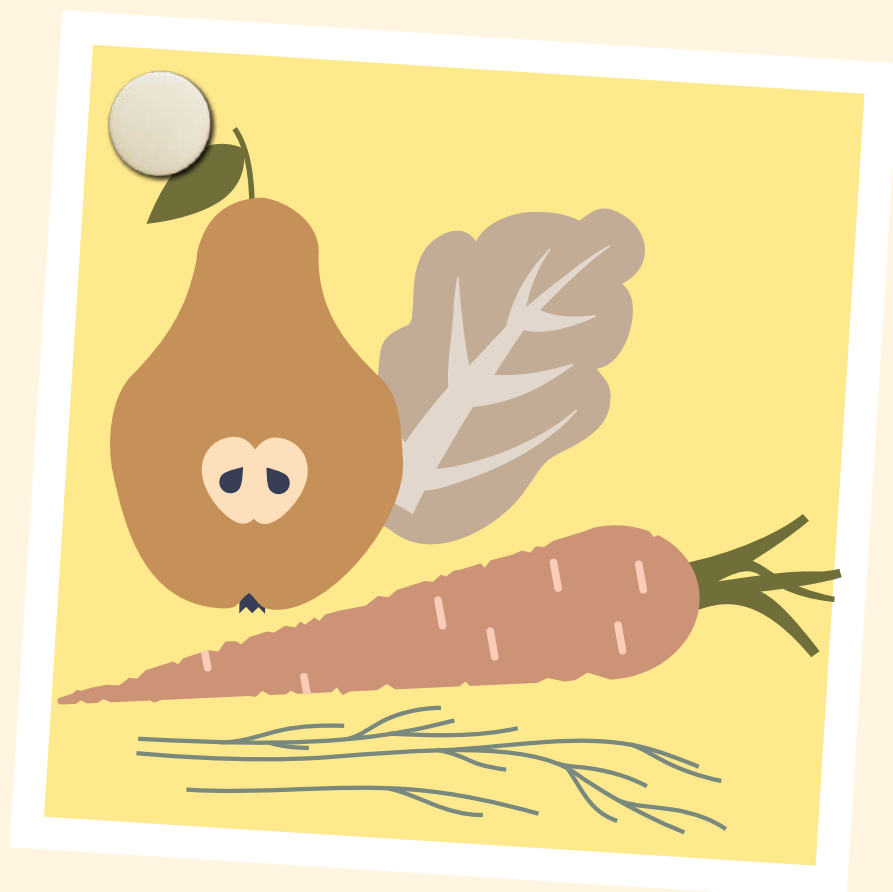
Instructions:

1. Mash bananas with fork
2. Crack egg into bowl and mix well, add flour + cinnamon, mix.
3. Pour fist size scoop of mixture onto frying pan. When pancakes bubble, flip over to finish cooking.
4. Add fruit, yoghurt, nuts, to top.





**Food looking a bit sad?
Don't waste it!**



VEGGIE OMELETTE

SERVES 1



Ingredients

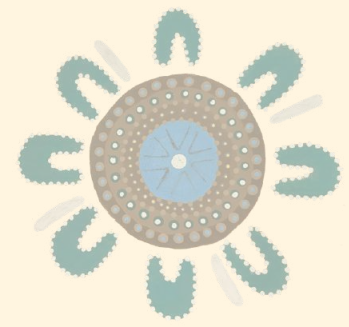
- Wilted vegetables (tomatoes, spinach, onion, capsicum, zucchini, mushroom)
- 1–2 tbsp milk or water (optional – makes it fluffier)
- 2 eggs
- salt + pepper



Instructions:

1. Cut vegetables into small cubes
2. Crack eggs into bowl, add milk, mix
3. Put vegetables into pan and cook for 4 mins until soft
4. Add egg, salt + pepper
5. Cook for 2 mins, flip and cook until set
6. Serve and enjoy!





Food looking a bit sad?

Don't waste it!

LEFTOVERS TOASTIE

SERVES 1

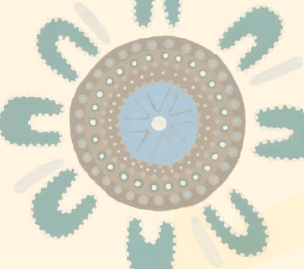
Ingredients

- 2 slices of bread or wrap
- A few scoops of any leftover bolognese or Mexican mix
- Cheese

Instructions:

1. Build sandwich
2. To cook:
 - a. Use a cheese press if available
 - b. Place sandwich in a heated pan with some butter and press down on top of sandwich
3. Serve and enjoy





TUNA SANDWICH

SERVES 1



Ingredients:

- 1 can plain tuna
- 2 slices of bread or wrap
- 1–2 tbsp mayo
- Shredded lettuce
- Grated carrot

Instructions:

1. In a small bowl, mix drained tuna with mayo.
2. Add a pinch of salt and pepper.
3. Spread the mixture onto bread slices.
4. Add lettuce and carrot.
5. Top with second slice of bread and cut in half.



Budget Tips:

- Use home-brand tuna and discount bread to keep costs under \$1.50 per sandwich
- Add extra leftover salad or grated veg to stretch it further.
- Using leftover chicken instead of tuna will also work

LENTIL & VEGETABLE CURRY

SERVES 4



Ingredients:

½ cup dried red lentils (or 1 x 400g can, drained)

½ onion, finely chopped

1 tsp garlic powder

1 small carrot, diced

1 cup frozen mixed vegetables

1 can (400g) diced tomatoes

½ cup veggie stock (use made up veggie stock powder as per instructions on pack)

1 tbsp oil

1 tsp curry powder

Salt & pepper to taste

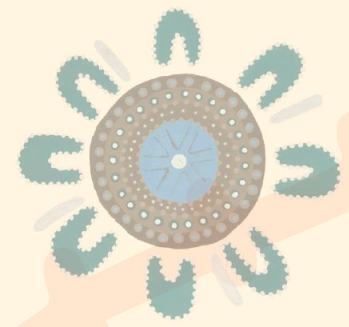
Serve with: 1 cup cooked rice ($\approx$ 1/3 cup uncooked)

Instructions:

1. In a saucepan, heat oil and cook the onion and garlic until soft.
2. Stir in carrots and curry powder. Cook for 1–2 minutes.
3. Add lentils, diced tomatoes, and water. Stir and bring to a simmer.
4. Cook for 20–25 mins, adding frozen veg in the last 5–10 mins. Stir occasionally.
5. Season with salt and pepper. Serve over cooked rice

Budget Tips:

- Buy dried lentils in bulk — super cheap and nutritious
- Use any leftover veg (zucchini, spinach, sweet potato, etc.)
- Is Freezable!



CHICKEN & VEGGIE STIR-FRY

SERVES 2



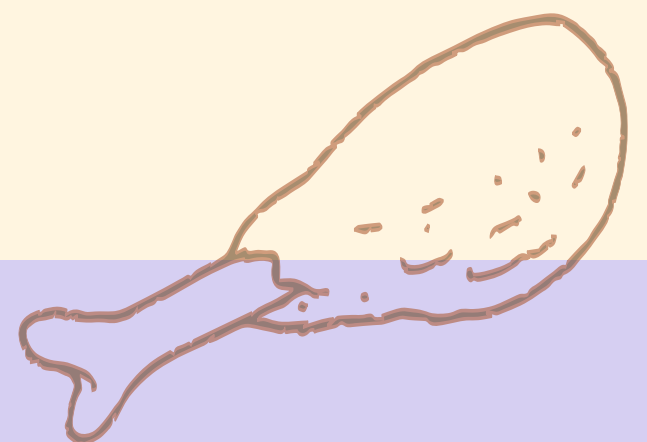
Ingredients:

- 150–200g chicken (thigh or breast), thinly sliced
- 2 cups frozen or fresh mixed vegetables
- 2 blocks instant noodles (discard seasoning packets) or rice noodles
- 1–2 tbsp soy sauce
- 1 tsp crushed garlic
- *Optional:* ginger, sesame oil



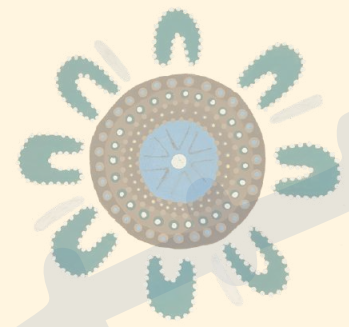
Instructions:

1. Heat a bit of oil in a pan. Add chicken and stir-fry until fully cooked.
2. Add vegetables and garlic and cook for 5–7 minutes until tender-crisp.
3. Meanwhile, cook noodles according to packet instructions. Drain.
4. Add noodles to the pan. Pour over soy sauce and toss everything to coat.
5. Add optional ginger, and/or sesame oil for extra flavour.



Budget Tip:

- Use whatever vegetables you have on hand
- Buy instant noodles in multi-packs to save money.



VEGGIE CON CARNE WITH CORN CHIPS

SERVES 2-3



Ingredients (Serves 2–3):

- 1 can kidney beans, drained
- 1 can lentils or black beans
- 1 can chopped tomatoes
- ½ onion, diced
- 1 packet chilli con carne spice mix
- 1 tsp oil
- Handful of corn chips



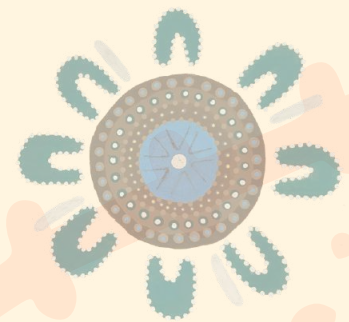
Instructions:

1. Heat oil in a pan and cook onion until soft.
2. Stir in spices, beans, lentils and tomatoes.
3. Simmer uncovered for 15–20 minutes until thickened and flavours develop.
4. Serve hot with corn chips or toasted bread.



Budget Tip:

- Add some frozen corn to bulk it out and get an extra serve.
- Use spices already in pantry (paprika, garlic powder, onion powder) to save money
- **No chips?** No worries! Serve with rice or on a wrap



FRIED RICE

SERVES 1-2



Ingredients:

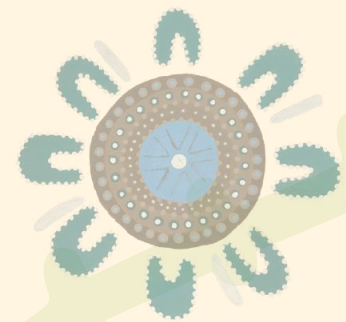
- 1 cup cooked rice (packet or leftover)
- ½ cup mixed frozen vegetables
- 1 tbsp soy sauce
- 1 tsp crushed garlic
- 1 - 2 spring onions
- *Protein options:* scrambled egg, cooked chicken

Instructions:

1. Heat a little oil in a frying pan.
2. Sauté garlic/onion (if using), then add frozen vegetables and stir-fry for a few minutes.
3. Add rice and stir through to heat evenly.
4. Add scrambled egg or cooked chicken to the pan.
5. Add soy sauce and toss to coat. Cook until heated through.

Budget Tip:

- This is a perfect way to use up leftover rice and veggies.
- Costs less than \$1 per serve using pantry staples.



SPAGHETTI BOLOGNESE

SERVES 2-3



Ingredients:

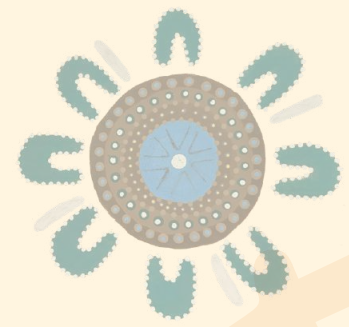
- 200g pasta (spaghetti or any type)
- 1 onion, chopped
- 1 tsp crushed garlic
- 1 x 400g can diced tomatoes
- 250g mince (beef or chicken) or 1/2 cup red lentils
- 1 tsp dried herbs (mixed herbs or Italian blend)
- 1–2 tbsp oil
- Salt & pepper to taste

Instructions:

1. Cook pasta according to packet instructions. Drain and set aside.
2. In a pan, heat oil and cook onion and garlic until soft.
3. Add mince and cook until brown
 - a. If using lentils: add with the tomatoes in the next step.
4. Stir in canned tomatoes and dried herbs. Add salt and pepper.
5. Simmer for 15–20 minutes, stirring occasionally.
6. Serve sauce over cooked pasta.

Budget Tips:

- Use red lentils for a meat-free version — cheap, high in protein, and cooks quickly
- Make a double batch and freeze extra portions for lunchboxes or busy nights
- Add grated carrot, zucchini or frozen veg to boost nutrition and stretch servings.



CREAMY CHICKEN LASAGNA

SERVES 6

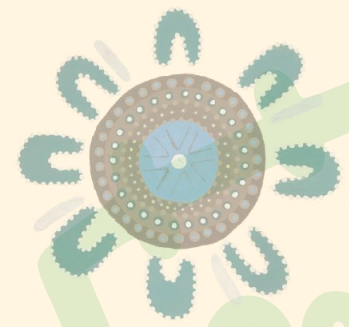


Ingredients

- 500 g chicken, chopped
- ½ onion, chopped
- 1 cup mixed frozen vegetables (peas, corn, carrot)
- ½ cup chicken stock
- 1 jar carbonara sauce
- 1 tsp crushed garlic
- mixed herbs (optional)
- 1 packet fresh lasagne sheets
- ½ cup grated cheese

Instructions:

1. Preheat oven to 180°C and grab a large baking dish
2. Cook chicken in a large pot over medium-high heat, set aside once cooked
3. Heat oil, then add onion and frozen vegetables to pot, cook until soft
4. Add chicken stock, carbonara sauce, chicken and stir, cook for 5 mins, then cool
5. Place a layer of lasagne sheets in baking dish, then spoon enough chicken mix to cover
6. Repeat layers until baking dish is full
7. Sprinkle cheese over the top
8. Cover with foil and bake for 20–25 mins, then remove foil and bake for 10 mins or until golden brown
9. Serve with salad and chips, or garlic bread (Optional)



Pasta Salad

Serves 2-4

Ingredients

- 1 cup dried pasta
- ½ cup cherry tomatoes
- 1 cucumber
- 1 red onion
- 1 stick celery
- *Protein options:* can of chickpeas or tuna, or chicken



Sauce:

- ¼ cup mayonnaise
- ¼ cup greek yoghurt
- 1 tsp mixed dried herbs

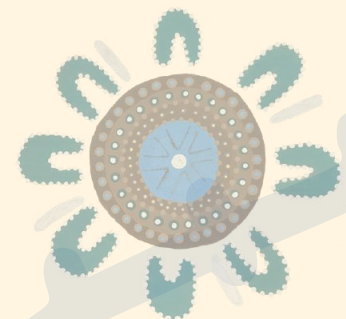
Instructions:

1. Fill a pot with water and place it on the stove to boil. Once boiled, add in the pasta and cook. Stir pasta occasionally.
2. While pasta cooks, dice up tomatoes, cucumber, red onion, and celery. Place all into a large mixing bowl.
3. In another bowl mix together mayonnaise, greek yoghurt, and herbs.
4. Once pasta is cooked, add it to the vegetables and add sauce too.
5. Mix all together and enjoy.



Budget Tip:

- This is a great way to use up any leftover salad ingredients
- Get creative in the kitchen and have fun!



TASTY BANANA OAT MUFFINS

MAKES 10 - 12 MUFFINS



Ingredients:

- 2 ripe bananas, mashed
- 1 cup rolled oats
- 1 cup self-raising flour
- 1/2 tsp cinnamon
- 1/3 cup milk
- 1 egg
- 2 tbsp oil or melted margarine
- 2–3 tbsp honey, maple syrup or sugar
- Optional: handful of sultanas, chopped apple or frozen berries

Instructions:

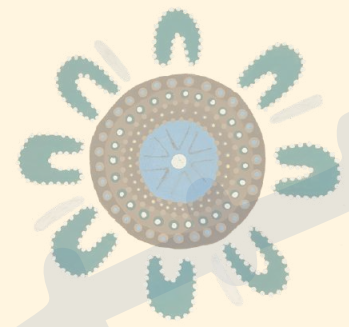
1. Preheat oven to 180°C. Line or grease a muffin tin.
2. In a bowl, mix banana, egg, milk, oil and sweetener.
3. Stir in flour, oats, and cinnamon until just combined.
4. Fold in any optional extras.
5. Spoon into muffin tin and bake for 18–22 minutes, or until golden and cooked through.

Add-in Options

- leftover nuts, frozen berries, or even chocolate you might have lying around.

Budget Tips:

- Use overripe bananas from discount produce racks in the supermarket
- These are freezable! Make a batch and freeze them for later



HEALTHY STOVETOP AIR POPPED POPCORN

SERVES 2-3



Ingredients:

- 4 tbsp fresh popcorn kernels
- Small pinch of salt



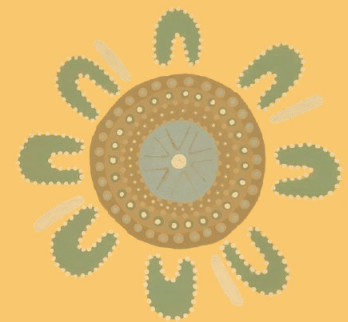
Instructions:

1. Heat a medium saucepan with a fitted lid over medium-high for 2 minutes.
2. Once hot add a few drops of water; if the water sizzle, lower heat slightly to just above low.
3. Add popcorn kernels to pan and cover. Shake gently every 2 seconds.
4. When popping slows to 3 seconds between pops, remove from heat, pour into a bowl, and salt.



Budget Tip:

- Any leftover popcorn will keep for at least one week if stored in an airtight container—if it lasts that long!



HUNGRY FOR MORE?

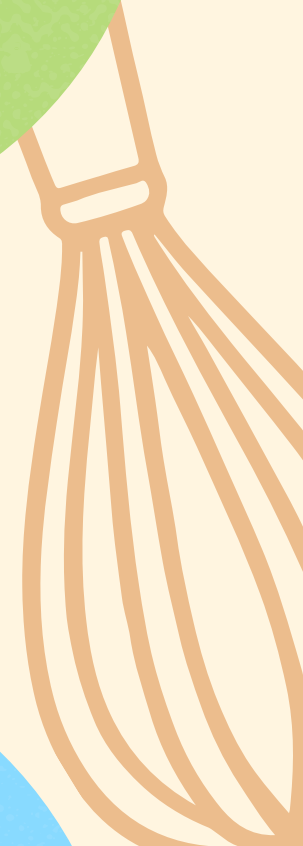


Budget Cooking

No Money No
Time

Healthy Eating

Aboriginal and
Torres Strait
Islander Guide
to Healthy
Eating



Budgeting

Money Smart
Budgeting



Healthy Eating

Australian
Guide to
Healthy Eating