



The  
**5+ADay** Est. 2007  
Charitable Trust

**STROKE**  
FOUNDATION•NZ

# Shopping tips for tasty, easy, affordable meals



**Fill your trolley with in-season, affordable fruit & vegetables** (frozen or canned without salt are also good options)



**Buy less processed foods** (choose foods with less salt, sugar and fat; often these are unpackaged)



**Make a weekly meal plan**



**Shop with a list** (to buy only what you need)

Fresh recipe ideas:

[www.5aday.co.nz](http://www.5aday.co.nz) | [@5adaynz](https://www.instagram.com/5adaynz)





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[www.5aday.co.nz](http://www.5aday.co.nz)

[www.stroke.org.nz](http://www.stroke.org.nz)

[www.paknsave.co.nz](http://www.paknsave.co.nz)

[www.newworld.co.nz](http://www.newworld.co.nz)

@5adaynz

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