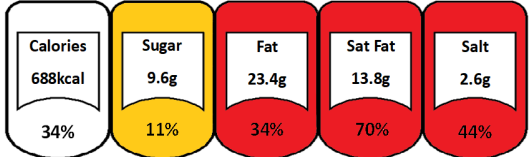



# Cost 'V' Nutrition

When choosing the food we buy, we are often faced with the decision between cost and nutrition.

Could you create a meal from scratch for the same price or less than buying a pre-made (processed) version?

Here is an example -

Chosen Meal - Margherita Pizza		
Shopping List - Pre-Made	Price	Nutrition (Good, Average, Poor)
<b>Supermarket own brand Margherita Pizza</b>	<b>£3.50</b>	
Shopping List - Home-Made	Price	Nutrition (Good, Average, Poor)
<b>Pizza Base Mix</b> <b>Low Fat Cheese</b> <b>Tomato Puree</b>	<b>£0.65</b> <b>£1.45</b> <b>£0.27</b> <b>Total - £2.37</b>	

The homemade version is both cheaper and healthier!

Have a go at recreating your favourite meal from scratch. Use your knowledge on -

- Portion Sizes & The Eat Well Guide
- Local & Seasonal Food
- Food Labelling & Wholefoods

You might find that some ingredients can be swapped for cheaper versions without compromising nutrition - are you up to the challenge?

# Cost 'V' Nutrition

Chosen Meal -		
Shopping List - Pre-Made	Price	Nutrition (Good, Average,
		
Shopping List - Home-Made	Price	Nutrition (Good, Average,
		