

Ways to be healthy on a budget

Food Shopping

- Plan meals and healthy snacks ahead for the week, create a shopping list only for the things you need and stick to it
- Don't shop when you are hungry, as you are more likely to buy things you don't need
- Shop in larger supermarkets rather than local shops. Try discount supermarkets Aldi and Lidl for greater savings. If you live too far away from a big supermarket, shop online and get it delivered, it can still work out cheaper
- Try switching down a level from premium range to own brand to basics range. Nutritionally they are often very similar and taste the same
- Get more for your money e.g. buy a whole chicken and make several meals from it. Or decrease the amount of meat in meals, replacing with vegetarian protein sources such as lentils and beans
- Buy fruit and vegetables on offer that week, and focus on cheap basics such as carrots, onions, apples, oranges etc.
- Buy frozen fruits, veggies and fish, this way you can use just what you need without it going off, and they are often cheaper than fresh



At home

- Avoid wastage by freezing leftover meals, cut up and freeze any extra fruit and vegetables for later
- Try adding frozen fruits to smoothies or porridge, serve steamed frozen veggies beside your meal, or add straight into the pan and cook from frozen
- Serve toddlers the same foods you eat, rather than buying expensive pouches or individually packaged meals. Simply mash or blend meals as appropriate for their age. Don't add salt to their portion, and watch out for spice

Exercise

- Explore membership options through [Merton leisure centres](#). Options available for low-income families, as well as cost effective junior memberships and pay as you go plans
- Walk instead of getting the bus or car. Take advantage of free activities such as parks, playgrounds, and outdoor gyms
- Utilise apps on your phone, try to keep track of your steps and increase each week.
- Take advantage of yoga/fitness/dance videos on YouTube, find something you and your family enjoy doing that gets your heart rate up: [Cosmic Kids Yoga](#), [P.E with Joe](#), [CBeebies Andy's Wild Workouts](#)



Extra tips

- Many banks now offer a breakdown of spending into categories through their apps. You may find that you're overspending in certain areas you didn't realise. This can also help you to put a little bit aside each month for savings

Getting help

If you are struggling to get enough food for yourself and your family, there are a number of foodbanks in Merton who can provide a 3 day emergency food parcel and extra assistance. Referrals can be made by doctors, health visitors, social workers, Citizens Advice Bureau, police and some charities. The first step is to get in touch with a foodbank and they can start the process of support.



Wimbledon Foodbank

Operates Mon-Sat at various sites across Merton

Referrals are by voucher.

They have no delivery service although they are happy for key workers to redeem vouchers and collect on behalf of clients.

Please note they are managing increased demand so all food parcels provide 3 days basic food only. They are unable to guarantee availability of any product including nappies at this time as they rely solely on donations

<https://wimbledon.foodbank.org.uk/>

Merton food relief

Usually operates a Saturday foodbank 11am-1pm. Currently operating a home delivery service only. Soup Kitchen service is also suspended

Referrals are by email or voucher.

Email referrals must include name, address and contact telephone number. They need to know how many adults and children (as well as their ages) in home.

info@foodrelief.org.uk

ADDITIONAL SUPPORT DURING COVID-19 - Dons Local Action Group

Supporting vulnerable people in Merton who may need food parcels, errands or other support

Refer by email or telephone

DLA@afcwimbledonfoundation.org 020 3301 4511

Get in touch:

- If you have any concerns or would like health promotion advice, you can contact the School Nursing team on 0208 102 3350 Monday to Friday 9am to 5pm or email clcht.schoolnursingmerton@nhs.net