



THE BRITISH DIETETIC ASSOCIATION

The Professional Association for Registered Dietitians
5th Floor, Charles House, 148/9 Great Charles Street Queensway, Birmingham B3 3HT
Tel: 0121 200 8080 Fax: 0121 200 8081



Media Release

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Savvy Students Love Food: Hate Waste

Eking out funds as a student is never easy but with food prices jumping almost 60% in the past year, dietitians are advising students how to make sure they stay well fed on a tight budget.

Walk, cycle or take public transport to uni and to your local market or food shops. You'll get some exercise, and save money on fuel and your pounds and pennies go further in co-ops (if there are any locally) or by bulk buying long shelf life foods (e.g. rice, pasta tinned foods).

Shop around. Find out whether your local greengrocer or market stall is better value than the supermarket – it may be, especially if you shop towards the end of the day. Base your meals around starchy foods like bread, potatoes, rice or pasta and eat a big bowl of porridge for breakfast and you may not feel hungry til lunchtime. If you shop wisely, these foods are good value and are part of a balanced diet. Buy nutritious basic foods (like bread, dairy produce, meat, fish, chicken, beans lentils and other pulses, fruit and vegetables) before treat foods such as crisps or biscuits. It's cheaper and more nutritious to buy basic ingredients and make your own meals from fresh ingredients. Use economy recipe cards in stores, or try the BDA's own ideas – perfect for students at www.teenweightwise.com/recipes.aspx

You can save money by buying the supermarket's own products - economy brands are usually just as nutritious and the quality is good. Use supermarket websites to order bulky or large amounts of items like fruit juice, milk, fruit and vegetables saving time and petrol – sharing the cost of items and delivery with housemates if that suits you.

Decide whether food on special offer really is – if you don't use it, it's not. Plan your meals and your food shopping to minimize food waste. Buy some fruit ripe and some to ripen later. Take a list and stick to it – don't be tempted by BOGOF offers if you won't use them. Remember to love food: hate waste!

Fresh fruit and vegetables, particularly in season, can be good value. Frozen, tinned or dried fruit and vegetables all count as part of our Five-a-Day. Try new foods and recipes using local produce in season. This month broad beans, cucumbers, leeks, onions, plums, figs, apples and blackberries are in abundance.

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Good value sources of protein include pulses and beans (including baked beans), eggs (omelettes, egg salad), chicken, canned fish (keep in the cupboard for a quick and easy meal) and milk products (semi-skimmed or skimmed for the lower-fat option).

Various supermarkets have websites which highlight seasonal foods, recipes and special offers. Martin Lewis' www.MoneySavingExpert.com website provides many tips to reduce your shopping budget!

The British Dietetic Association has developed some great easy recipes that are perfect for students, along with fabulous free leaflets to download on healthy snacking, packed lunches and eating out: http://www.teenweightwise.com/smart_food_choices.aspx

Nan Millette, a freelance Registered Dietitian and member of the British Dietetic Association, said "With a bit of creativity and shopping savvy, you can reduce your food bills and leave more for other study essentials. Making an effort to change some shopping habits can promote a healthier lifestyle, and saves money too!"

Media enquiries to the British Dietetic Association and requests for interviews with dietitians should be directed to our media hotline on **0870 850 2517** or pr@bda.uk.com

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Notes to Editors

1. The British Dietetic Association, founded in 1936, is the professional association for registered dietitians in Great Britain and Northern Ireland. It is the nation's largest organisation of food and nutrition professionals with nearly 6,000 members. About two-thirds of members are employed in the National Health Service. The remaining members work in education, industry, research, sport settings or freelance.
2. Registered dietitians hold the only legally-recognisable graduate qualification in nutrition and dietetics. They are experts in interpreting and translating the science of nutrition into practical ways of promoting nutritional well-being, disease treatment and the prevention of nutrition-related problems. Their advice is sound and based on current scientific evidence. Registration, awarded by the Health Professionals Council, is an indication that a dietitian is fit to practise and is working within an agreed statement of conduct. For further details about the British Dietetic Association, please visit our website: www.bda.uk.com