

Got beef over the cost of meat?



Here are some tips on how you
can save money while still
including meat in your weekly
shop!

1. Buy cheaper cuts of meat:

When choosing red meat, look out for these cheaper cuts of meat:

Beef shin/shanks.	\$17/kg
Gravy beef	\$19/kg
Casserole steak	\$20/kg
Round steaks	\$21/kg
Beef rump steaks	\$23/kg

These are still great options that just require a longer cooking technique, here are some recipe ideas:

 **Osso Bucco with beef shanks**
Slow cooker sticky beef gravy with mushrooms

Hearty steak casserole with vegetables



2. Buy white meat

Buy chicken, fish or frozen fish – white meat can be a cheaper way to get your protein and the benefits of healthy fats from the omega-3s contained in fish.

3. Swap beef mince for turkey mince

Turkey mince is a lean source of protein and is cheaper than beef mince.



4. Try kangaroo meat

Try something new! Kangaroo is a healthier source of meat as it is high in protein and very low in fat and comes in at half the price of beef.



5. Buy pre-made foods

Another option is to try tinned soups, stews and other prepared meals and foods that contain meat. These have an increased shelf life and are an affordable way to eat meat.



6. Use other protein sources

Alternatively, utilise other protein sources such as eggs, tofu, beans, and chickpeas – all of which are cheaper and highly nutritious!

