



## Opt for a fresh and healthy diet for your financial wellbeing!

In our busy day-to-day lives, convenience often trumps health. It can be all too easy to neglect a nourishing diet. But let's not forget that the advantages of such a diet go well beyond our physical health. In fact, embracing a diet rich in fresh and healthy foods can also work wonders for our financial wellbeing.

A 2022 research conducted by University of Wollongong confirmed that eating a diet based on whole and fresh foods is still the cheapest option for most Australian families despite high inflation.

We explore the various ways in which eating a healthy and fresh food diet can contribute to our financial stability and overall wellbeing.



**Lower grocery costs** – Immediately save money on groceries with a healthy diet! It's a myth that eating fresh and nutritious food is expensive. In fact, it can be more cost-effective than relying on processed and convenience foods. Planning meals, buying in bulk, and choosing seasonal produce can also help reduce costs. You'll also find that the local greengrocer is often much cheaper than the large, chain supermarkets. Consider storing the food properly as correct storage can prevent food wastage and in turn save money.



**Reduced healthcare costs** – A healthy diet can help you save big on healthcare costs. By ditching the processed junk and opting for nutrient-rich foods, you can reduce the chances of developing expensive chronic diseases like obesity, diabetes, and heart disease. By prioritising your health through a nutritious diet, we can minimise the need for medical interventions and save a substantial amount of money on healthcare expenses. Plus, this can result in lower health insurance premiums and out-of-pocket expenses.



**Increased energy and productivity** – A healthy diet fuels our bodies with essential nutrients, boosting energy and brainpower. This translates to increased productivity in all areas of life, including our careers. When you're physically and mentally well, you have a better chance of excelling professionally, opening doors to promotions, higher salaries, and overall financial growth.



**Enhanced mental wellbeing** – Research has proved a strong link between mental and financial wellbeing. A healthy diet improves mental health, reducing anxiety and depression. When we prioritise our mental wellbeing, we make smarter financial decisions, avoid impulsive spending, and secure a more stable financial future.

Adopting a nutritious diet can become a wise investment in both our health and financial stability. Embrace the power of healthy eating and reap the rewards it brings to your overall wellbeing, be it mentally, physically or financially.



# How can you adopt a financially sustainable eating habit at home?

- Prevent food wastage by planning meals and using up leftovers.
- Limit processed food! Processed and convenience foods tend to be more expensive compared to whole, unprocessed ingredients.
- Plan for the week, write a shopping list and aim to shop for only what you need.
- Make your own freezer meals. Cook in bulk and freeze meals to avoid a mid-week slip into convenience food.
- Eat seasonal, local foods where possible – choosing things in season is often cheaper.
- Move out of your comfort zone and find cheaper, seasonal sustainable alternatives in the supermarket when you can't afford more expensive options.
- Buy direct – choose farmers markets or local greengrocers that have shorter logistics chains delivering food with greater freshness and lower cost.
- Buy pantry staples like grains, legumes, and nuts in bulk to reduce packaging waste.
- Grow your own food. Consider starting a small garden or growing herbs and vegetables in pots.
- Choose water as your preferred drink.



## Refreshing rainbow salad with haloumi and lentils

Try this fresh and vibrant salad on a hot summer afternoon, packed with veggie goodness and high in protein.

Serves 4, prep 15min, cook time 5min

### Ingredients list

- ▶ 150g green beans (trimmed and thinly sliced)
- ▶ 1 bunch baby broccoli (finely chopped)
- ▶ 1 cup of corn kernels
- ▶ 400g can of legumes (choose from beans, brown lentils or chickpeas)
- ▶ 1 small red onion (finely chopped)
- ▶ 1 Lebanese cucumber (finely chopped)
- ▶ 1/4 small red cabbage (finely shredded)
- ▶ 200g cherry tomatoes (cut into halves)
- ▶ 200g haloumi (thinly sliced)
- ▶ 1 avocado (cut into dices)
- ▶ 2 tbsp olive oil
- ▶ 1/3 cup basil leaves
- ▶ 1 lemon

### Method

- ▶ Place beans and baby broccoli in a medium heatproof bowl. Cover with boiling water and let it sit for two minutes or until tender. Then, refresh under cold water and drain well.
- ▶ Arrange the bean mixture, legumes, onion, cucumber, cabbage, and tomato on a serving platter.
- ▶ Cook the haloumi on a barbecue grill or a grill pan on high heat for two minutes each side or until golden brown.
- ▶ Now arrange the cooked haloumi over the salad and sprinkle corn kernels on top.
- ▶ In a food processor, combine the avocado, oil, basil, lemon zest, lemon juice and two spoons of water. Process until well combined. If required, add more water to achieve a runny consistency of the dressing.
- ▶ Drizzle the avocado dressing on top of your salad and enjoy.



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