

Budgeting Tips for Dancers

Eating on a budget AND optimising nutrition

Following the Dance Nutrition Principles should not, and does not, have to be expensive. Here are our top tips to keep your nutrition budget-smart.

1. Stock Up on Nutritious Staples

Stock up on those go-to economical nutritious staples. Some examples include:

- Rolled oats
- Pasta
- Rice
- Potatoes
- Beans and Legumes
- Eggs
- Milk powder
- Frozen vegetables and fruits
- Tinned fish

2. Buy seasonal, and/or frozen, fruits and vegetables

Fresh fruits and vegetables are cheaper when in season and are also packed with the nutrients that your body needs during that time.

3. Buy in bulk

For items that last and that you use regularly, it's cheaper to buy them in bulk. You can team up with your friends to buy groceries in bulk, and then divvy it up amongst the group.

4. Cook in bulk

Leftovers can be enjoyed over several days. Note some foods such as rice and pasta can be cooked in bulk and frozen in single servings for later convenient use.



5. Store foods correctly

Storing foods correctly will reduce food waste and ultimately help you make the most bang for your buck. For example:

- Keep potatoes in a cool dry place, instead of on the kitchen bench top.
- Once you cook pasta/rice in bulk, portion them out and keep them in the freezer instead of the fridge

There is a handy shelf-life guide by the CSIRO [here](#).

6. Use apps

There are handy grocery-budgeting apps such as:

- Frugl - weekly updates on best prices from retailers
- Half Price - lets you know everything that's more than 50% off at Coles and Woolworths
- Grocereaze - it will track the total price of everything in your shopping list
- Wiselist - create a shopping list and the app will compare the prices of your items from Coles and Woolworths

