



**...it makes sense for your health
and cents for your wealth!**

About FoodSAVE

FoodSAVE's savings motivate healthy choices

The unique approach that sets FoodSAVE apart from other forms of Lifestyle Medicine is that it explodes the myth that healthy food is expensive, which motivates people to make healthy choices on the basis of saving up to 20% on food costs.

FoodSAVE helps to alleviate two major national concerns:

1. **Food insecurity:** Unprecedented food insecurity affects 1 in 3 Australian households.¹ (That's around 9 million Australians, and includes children and the elderly.)
2. **Health concerns:** 90.9% of deaths in Australia are from chronic diseases that are largely caused by unhealthy lifestyles, with diet being a key factor.²

Research is the foundation of FoodSAVE

FoodSAVE includes research showing that diets based on nutrition guidelines are up to 20% cheaper.^{3,4,5,6} FoodSAVE transforms the *eating* recommendations of the Australian Guide to Healthy Eating into *spending* recommendations.

FoodSAVE is simple

It uses a very simple spending formula and easy-to-apply strategies to help people save. People don't need a nutrition background to teach FoodSAVE – just the ability to manage a small group and share information.

FoodSAVE is practical, comprising three money-saving workshops

- Shopping – held in a supermarket
- Cooking – held in a kitchen
- Budgeting – held in a classroom

FoodSAVE workshops incorporate four different learning styles

Because people learn differently, FoodSAVE incorporates the following learning styles:

- Visual – learn by seeing
- Auditory – learn by hearing
- Read/write – learn by reading and writing
- Kinesthetic – learn by doing

Similar to giving people a fish every day, versus giving them a fishing line and teaching them to fish. . .

**FoodSAVE
is a gift that keeps on giving!**

FoodSAVE Team

FoodSAVE has been developed by Margot Marshall, Kym Fowler and Kaysie Vokurka, who comprise the FoodSAVE team. More information about FoodSAVE can be found at **FoodSAVE.org.au**.

References:

1. Foodbank Hunger Report, 2024
2. GBD 2019 Australia Collaborators. The burden and trend of diseases and their risk factors in Australia, 1990-2019: a systematic analysis for the Global Burden of Disease Study 2019. *Lancet Public Health*. 2023; 8(8):e585-e599. doi: 10.1016/S2468-2667(23)00123-8.
3. Australia's Food Environment Dashboard. Food Prices and Affordability. Deakin University. <https://foodenvironmentdashboard.com.au/food-prices-and-affordability/>. Accessed January 1, 2025.
4. Springman M, Clark MA, Rayner M, et al. The global and regional costs of healthy and sustainable dietary patterns: a modelling study. *The Lancet Planetary Health*. 2021;5(11):e797-e807.
5. Goulding T, Lindberg R, Russell CG. The affordability of a healthy and sustainable diet: an Australian case study. *Nutr J*. 2020;19(1):109. Published 2020 Sep 30. doi:10.1186/s12937-020-00606-z
6. Fishlock K, Charlton K, Walton K, Kent K, Lewis M. How Much Does It Cost to Buy Healthy Food in the Illawarra?. January 2024. <https://hdl.handle.net/10779/uow.27813654.v1>. Accessed March 2, 2025.