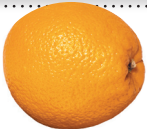





Healthy swaps that cost you less

* We shopped on 1 September 2008.

Instead of this	Use this	Good to know
<p>Navel oranges, imported \$3.58 per kilo</p>	 <p>NZ navel oranges \$2.97 per kilo ✓ SAVE \$0.60 PLUS PER KILO</p>	<p>✓ local fruit has less of a carbon footprint</p>
<p>Peaches, imported \$5.97 per kilo</p>	 <p>SPC peaches in natural juice \$1.89 per 410g can ✓ SAVE \$1.40 PER KILO</p>	<p>✓ canned fruit is just as healthy as fresh fruit, once juice is drained ✓ keeps in the pantry for a long time</p>
<p>Strawberries, imported \$3.98 per 250g punnet</p>	 <p>Orchard Gold Mixed Berries, frozen fruit \$5.39 per 500g pack ✓ SAVE \$5 PER KILO</p>	<p>✓ frozen berries are just as healthy as fresh berries ✓ enjoy local strawberries in summer when they are at their sweetest and best</p>
<p>Bananas, supermarket \$2.58 per kilo</p>	 <p>Bananas, fruit shop \$1.99 per kilo ✓ SAVE \$0.59 PLUS PER KILO</p>	<p>✓ shopping around can save you money</p>