

From prepackaged to home packed - lunchbox snack savings total more than \$1000

- High cost of convenience sees packaged cheese and crackers cost \$453 more per year compared to home packed alternative
- Parents can save big on back to school costs with DIY snacks

Tuesday 30 January 2018: The cost of convenience can hit Aussie parents hard when school goes back this year with pre-packaged snacks like cheese and crackers, yoghurt and sultanas costing hundreds of dollars more than simple DIY alternatives, says comparison site Mozo.com.au.

The numbers were crunched on the cost of popular pre-packaged snacks at the major supermarkets in comparison to portioning out the same sized snacks at home. Mozo found price differences of up to 278% between prepackaged and home packed snacks, revealing parents can save big bucks with a little planning.

“Parents might be surprised by the true cost of convenience, with prepackaged cheese and crackers costing more than two dollars per snack compared to putting sliced cheese and crackers into a ziplock bag. Prepackaged yoghurt was also found to be expensive with popular pouches of yoghurt costing over a dollar more per snack than spooning the same amount into a reusable container,” says Mozo Director Kirsty Lamont.

“Over the course of a school year the savings really start to add up, with \$146 saved by spooning fruit salad into a leak proof container and \$213 saved portioning out yoghurt yourself, rather than reaching for yoghurt pouches at the supermarket.”

Prepacked snack price premiums

Snack	Multipack option	Pack your own alternative	Markup on multipack	Saving per 'pack'	Saving per year
Cheese and crackers	Mainland On The Go Tasty Cheese and Crackers (50g each)	DIY cheese and crackers using Woolworths Select Water Crackers and Mainland Tasty Cheese	278%	\$2.21	\$453
Yoghurt	Vaalia Kids Vanilla Yoghurt Pouch (140g each)	Vaalia French Vanilla Yoghurt 900g	122%	\$1.04	\$213
Canned fruit	SPC Aussie Made Diced Fruit Salad in Juice Snack 4 pack (120g each)	SPC Fruit Salad in Natural Juice Canned 825g	126%	\$0.71	\$146
Fruit juice	Just Juice 100% Orange Juice Box (200mL each)	Just Juice No Added Sugar Orange Juice 1L	96%	\$0.44	\$90
Dried fruit	Sunbeam Sultanas Mini Snack 12 Pack (40g each)	Sunbeam Sultanas 1kg	71%	\$0.23	\$47

Chips	Smiths Multipack Original Crinkle Cut Chips 6 pack (19g each)	Smiths Original Crinkle Cut Chips 170g	56%	\$0.21	\$43
Rice Crackers	Peckish Rice Cracker Cheddar Cheese 6 pack (20g each)	Peckish Rice Cracker Cheddar Cheese 100g	14%	\$0.07	\$14
TOTAL SAVINGS OVER 1 SCHOOL YEAR:					\$1,006

Source: Mozo.com.au

“Other easy savings could be made by investing in a small drink bottle and pouring in some juice each morning, which could save nearly \$100 over a year for kids who would otherwise drink a popper a day. Putting a handful of dried fruit into a ziplock bag would save parents who splashed out on fruit mini packs up to \$47 a year,” says Lamont.

“There are now plenty of affordable reusable containers, lunch boxes and bottles to choose from, including reusable easy to clean pouches for liquid substances like yoghurt, while dry items like crackers and sultanas can be easily be popped into a small container or snaplock bag that can be reused each day.”

MOZO’S TOP TIPS FOR LUNCHBOX SAVINGS:

- Buy snacks in bulk for greater savings
- Avoid the aisles of overpriced snack packs and portion out dried fruit, crackers and other snacks into reusable containers, pouches or snaplock bags.
- Slice your own cheese and meat to avoid the mark-ups on the pre-sliced versions.
- Check the school guidelines around snacks, for example no nuts policies or fresh fruit breaks.

-ENDS-

Calculations are based on non-discounted prices from Woolworths and Coles online on 16 January 2018. Percentage difference is calculated using unit price of each item. Per year saving is over a school year with holidays excluded, and is calculated using the volume of a single pre-packaged item compared with the same volume of the larger size package.

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