



Fruit, veg prices a rising burden

hbf

More West Australians say they cannot afford fresh fruit and vegetables, a recent survey reveals.

A survey of 800 people by Painted Dog Research for health insurer HBF and *The West Australian* found more than 10 per cent said they could not afford to buy fruit and vegetables, compared with 5 per cent last year.

It also found the percentage of people eating two pieces of fruit and five vegetables at least once a week had fallen to 2008 levels.

The percentage of people eating pre-prepared microwave meals is rising, with 28 per cent saying they ate pre-prepared meals at least once a week.

Sarah Bailiff, project officer of the Cancer Council's FOODcents program, said high fruit and vegetable prices should not deter families.

"Home-cooked meals using fresh fruit and vegetables are always going to be cheaper in the long run and more nutritional," Ms Bailiff said.

"When you eat out, you are paying not just for the ingredients but you are paying for the shop front, you are paying for someone to prepare it for you.

"When you prepare meals at home you have more control what goes into your meal and you can make it in the time that it might take you to drive to the local takeaway, wait for the food and drive back."

The survey also found fewer people were finding 30 minutes a day to exercise.

Only 18 per cent exercised every day and almost

one-quarter said they never found time to exercise.

YOLANDA ZAW



Healthy appetites: Cristine Carson and children Heren, left, George, Fred and Elsie in Hilton IGA. Picture: Ian Munro