

McDonald's or a Healthy Homemade Meal...What's Cheaper?

The following information is based on a family of six consisting of two adult parents, two adolescents and two children under the age of 12.

1.0 McDonald's prices in Perth Western Australia

Medium Big Mac
x 4



Cheeseburger
Happy Meal x 2



Cost:
\$26.60

Cost:
\$7.90

Total Expenditure = \$34.50

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2.0 Price of homemade prepared meals based on Heart Foundation recipes and Coles prices

*The total cost of the home prepared easy chicken casserole is \$14.42 cheaper than the total cost of the McDonald's family meal.

Easy chicken casserole (Serves 6)

Ingredient	Product (Available at Coles)		
1 tbs olive oil	Coles Olive Oil (500ml)		\$4.00
8 chicken pieces, skin removed and trimmed of all visible fat	Coles Deli chicken breast fillet skin off 4 pieces (500g)		\$5.50
2 large onions, peeled and sliced	Coles fresh brown onion		\$1.08
¼ cup plain flour	Coles white plain flour (1kg)		\$0.75
3 cups salt reduced chicken stock	Campbell's real chicken stock		\$3.00
2 tbs Worcestershire sauce	Coles Worcestershire Sauce		\$2.00
350g chat potatoes	6 X Coles Fresh chat washed potatoes (1 each)		\$2.00
2 cups frozen vegetables	Coles Smart Buy mixed frozen vegetables (1kg)		\$1.75












Total Expenditure = \$20.08

McDonald's or a Healthy Homemade Meal...What's Cheaper?

2.0 Price of homemade prepared meals based on Heart Foundation recipes and Coles prices

*The total cost of the home prepared beef and lentil Bolognese for a family of 6 is \$12.96 cheaper than the total cost of the McDonald's family meal.

Beef and Lentil Bolognese (Serves 6)

Ingredient	Product (Available at Coles)		
2 tsp olive oil	Coles Olive Oil (500ml)		\$4.00
1 large onion, chopped	Coles fresh brown onion (1 each)		\$0.54
1 large carrot, finely diced	Coles fresh carrots (1 each)		\$0.34
1 stick celery, finely diced	Coles fresh celery pieces loose		\$0.32
½ red capsicum, finely diced	Coles 5 star lean beef mince		\$7.00
½ cup lentils	Coles lentils (400g)		\$0.80
700ml passata sauce	Coles Italian passata (690g)		\$1.70
2 tsp reduced salt vegetable stock powder	Campbell's real vegetable stock (250ml)		\$1.82
1 tsp dried oregano leaves	Hoyts dried oregano leaves (25g)		\$1.50
500g spaghetti, cooked	Coles smart buy Spaghetti (500g)		\$0.65
1/2 red capsicum, finely diced	Coles fresh red capsicum (1 each)		\$2.87

Total Expenditure = \$21.54