

## Easy Budgeting for a Healthy BBQ



Item	Cost (0% profit)	20% mark up (16.66% profit)	30% mark up (23.08% profit)	40% mark up (28.57% profit)	50% mark up (33.33% profit)	60% mark up (37.50% profit)	70% mark up (41.18% profit)	80% mark up (44.44% profit)	90% mark up (47.37% profit)	100% mark up (50.00% profit)
<b>Lean Steak Sandwich</b>										
Wholemeal bread	\$0.47	\$0.56	\$0.61	\$0.66	\$0.71	\$0.75	\$0.80	\$0.85	\$0.89	\$0.94
Lean minute steak	\$1.10	\$1.32	\$1.43	\$1.54	\$1.65	\$1.76	\$1.87	\$1.98	\$2.09	\$2.20
Lettuce mixed leaves	\$0.30	\$0.36	\$0.39	\$0.42	\$0.45	\$0.48	\$0.51	\$0.54	\$0.57	\$0.60
Sliced tomato (20g)	\$0.15	\$0.18	\$0.20	\$0.21	\$0.23	\$0.24	\$0.26	\$0.27	\$0.29	\$0.30
<b>Sale price</b>	<b>\$2.02</b>	<b>\$2.42</b>	<b>\$2.63</b>	<b>\$2.83</b>	<b>\$3.03</b>	<b>\$3.23</b>	<b>\$3.43</b>	<b>\$3.64</b>	<b>\$3.84</b>	<b>\$4.04</b>
<b>Vegetable Burger</b>										
Wholemeal roll	\$0.70	\$0.84	\$0.91	\$0.98	\$1.05	\$1.12	\$1.19	\$1.26	\$1.33	\$1.40
Vegetable burger pattie	\$0.90	\$1.08	\$1.17	\$1.26	\$1.35	\$1.44	\$1.53	\$1.62	\$1.71	\$1.80
Lettuce mixed leaves	\$0.30	\$0.36	\$0.39	\$0.42	\$0.45	\$0.48	\$0.51	\$0.54	\$0.57	\$0.60
Sliced tomato (20g)	\$0.15	\$0.18	\$0.20	\$0.21	\$0.23	\$0.24	\$0.26	\$0.27	\$0.29	\$0.30
<b>Sale price</b>	<b>\$2.05</b>	<b>\$2.46</b>	<b>\$2.67</b>	<b>\$2.87</b>	<b>\$3.08</b>	<b>\$3.28</b>	<b>\$3.49</b>	<b>\$3.69</b>	<b>\$3.90</b>	<b>\$4.10</b>
<b>Lean Beef Burger</b>										
Wholemeal roll	\$0.70	\$0.84	\$0.91	\$0.98	\$1.05	\$1.12	\$1.19	\$1.26	\$1.33	\$1.40
Lean hamburger pattie (100g)	\$1.20	\$1.44	\$1.56	\$1.68	\$1.80	\$1.92	\$2.04	\$2.16	\$2.28	\$2.40
Lettuce mixed leaves	\$0.30	\$0.36	\$0.39	\$0.42	\$0.45	\$0.48	\$0.51	\$0.54	\$0.57	\$0.60
Sliced tomato (20g)	\$0.15	\$0.18	\$0.20	\$0.21	\$0.23	\$0.24	\$0.26	\$0.27	\$0.29	\$0.30
<b>Sale price</b>	<b>\$2.35</b>	<b>\$2.82</b>	<b>\$3.06</b>	<b>\$3.29</b>	<b>\$3.53</b>	<b>\$3.76</b>	<b>\$4.00</b>	<b>\$4.23</b>	<b>\$4.47</b>	<b>\$4.70</b>
<b>Corn cob 1/2</b>	<b>\$0.40</b>	<b>\$0.48</b>	<b>\$0.52</b>	<b>\$0.56</b>	<b>\$0.60</b>	<b>\$0.64</b>	<b>\$0.68</b>	<b>\$0.72</b>	<b>\$0.76</b>	<b>\$0.80</b>
<b>Bottled water 600mL</b>	<b>\$0.83</b>	<b>\$1.00</b>	<b>\$1.08</b>	<b>\$1.16</b>	<b>\$1.25</b>	<b>\$1.33</b>	<b>\$1.41</b>	<b>\$1.49</b>	<b>\$1.58</b>	<b>\$1.66</b>

These costs are an average of local supplier prices.

Ask your supplier for discounts to support your healthy event.

For a list of healthy food suppliers in the City of Charles Sturt, visit the Charles Sturt OPAL webpage or contact the OPAL team.

Salad can be easy - ask your supplier to pre-slice tomatoes. Ask for corn to have the husks removed and be cut in half. Sliced lettuce can also be used, however whole leaves are easier to handle.

If you need further support with budgets and menu planning, contact the Charles Sturt OPAL team Ph: (08) 8408 1132 Email: [mduncan@charlessturt.sa.gov.au](mailto:mduncan@charlessturt.sa.gov.au)