



Eating healthy on a budget

Who says eating healthy has to be expensive? With a little planning, you can eat well and still save money. **Here are 3 tips that can help.**

Plan, plan, plan

Plan to shop for a week's worth of meals before heading to the grocery store. Check to see what foods you already have and make a list of what you need to buy. You're less likely to go out to eat if you already have what you need for dinner. You may also buy fewer snack foods that can be more expensive.

Get the best price

There are many ways to save money when shopping for food. Ask about a loyalty card for extra savings at stores where you shop. Look for ads in the local newspaper and online. And keep an eye out for sales and coupons at the store. Meat and seafood are often the most costly items on your list. So look for specials or sales. Fresh fruits and veggies from your local farmer's market are great when they're in season. But frozen veggies cost less. They're picked at the peak of ripeness and have just as many – or more – vitamins and minerals as fresh.

Prepare meals that stretch your food dollars

You can stretch large dishes like stews, casseroles or stir-fries into extra portions. You can also stretch your dollars by making a second meal or tasty side dish from leftovers. For example, you can add leftover cooked or raw vegetables to salads, omelets or casseroles. You could also add the leftover veggies to whole-wheat pasta and water-packed tuna for a healthy, low-cost meal.

5 more tips for stretching your food dollars

1

COMPARE AND CONTRAST

Check the “Unit Price” on the shelf directly below the product. This will help you compare different brands and sizes of the same brand. That way you can tell what the best deal is.



2

BUY IN BULK

Smart choices are family packs of chicken, steak or fish. You can also buy larger bags of potatoes and frozen veggies.



3

GO BACK TO THE BASICS

Foods like frozen dinners and pre-cut veggies are easy for you, but not so easy on your wallet. Making meals from scratch takes a little more time. But the savings are worth it.



4

FOCUS ON LOW-COST FOODS

Certain foods are typically low-cost options all year round. Beans are a less expensive protein food. For veggies, buy carrots, greens or potatoes.



5

SAVE WHEN EATING OUT

Restaurants can be expensive but there are some ways to save money. Plan to take half your meal home. Or ask someone to share with you drink water instead of iced tea or soda. Go out for lunch instead of dinner.

