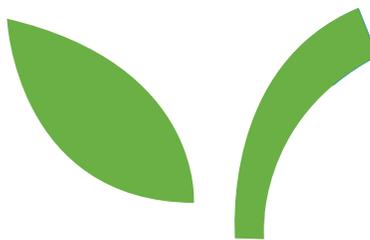


Eating healthy on a budget



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!

Before heading to the grocery store, plan and shop for a week's worth of meals at a time. Check to see what foods you already have and make a list for what you need to buy. You are less likely to go out to eat if you already have what you need for dinner. You may also buy less costly snack foods.

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. Check the local newspaper, online, and at the store for sales and coupons. Look for specials or sales on meat and seafood – often the most costly items on your list. Buy fresh fruits and veggies at the local farmer's market when they are in season, or buy frozen veggies. They are picked at the peak of ripeness and have just as many – or more – vitamins and minerals as fresh. And they cost less.

It helps to buy fresh fruits and veggies when they are in season

Prepare meals that stretch your food dollars

Large dishes like stews, casseroles, or stir-fries can be “stretched” 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. 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

There are many other ways to make your food money go farther. Here are some ideas that others have found helpful.

What if anything might work for you?

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 is the best deal.

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

“Easy” foods like frozen dinners and pre-cut veggies are not so easy on your wallet. Try making them from scratch. It 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. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes.

5. Save when eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals.



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