



Eating healthy on a budget

Eating healthy doesn't have to be expensive. With just a little planning, you can eat well and still save money. Here are some smart tips to fill your plate — and your wallet.

Plan ahead

1.
 - Think about shopping for a week's worth of meals
 - Check to see what foods you already have
 - Make a list of what you need to buy
 - Buy fewer snack foods, which can be expensive

Get the best price

2.
 - Ask your favorite store about a loyalty card for extra savings
 - Look for ads online or in the local newspaper
 - Watch for sales and coupons
 - Look for specials on meat and seafood, which are often costly
 - Buy fresh fruits and veggies from a farmer's market
 - Try frozen veggies, which cost less and still have many nutrients

Prepare meals that expand your food dollars

3.
 - Stretch large dishes like stews and casseroles into extra portions
 - Make a second meal or tasty side dish from leftovers
 - Add leftover cooked or raw vegetables to salads, omelets or casseroles
 - Put extra veggies into whole-wheat pasta and water-packed tuna



5 more easy ways to save

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 get the best deal.

2. **BUY IN BULK**

Smart choices include 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 produce may be 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. Try buying beans, carrots, greens or potatoes.

5. **SAVE WHEN EATING OUT**

Sure, it’s nice to dine out. But it can be costly. To save, take half of your meal home or ask someone to share. You can also try drinking water instead of iced tea or soda. Going out for lunch instead of dinner can also help.

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