

Eating Healthy on a Budget

- **Learn to cook.** You can eat a lot cheaper by learning to cook and eating at home. *Make it fun by cooking with friends.*
- **Cut back on pre-packaged, pre-prepared food.** Single-serve packages are more expensive.
- **Buy food and supplies in bulk.** Check out your local grocery stores and bulk retailers for the best buys.
- **Use your freezer.** Cook in large quantities and freeze your leftovers for another day. It's great to come home, grab a frozen leftover and pop it in the microwave. Voila! Hot food.



- **Buy generic.**
- **Drink water.** Carry a refillable water bottle with you. Avoid buying sodas and snacks out of vending machines.
- **Set a budget for snack items and then buy your snacks at the grocery store.** Be sure to bring snacks with you when you leave your home.
- **Try different stress busters.** Many people turn to food-especially gooey, fatty kinds – when stress levels go up. Develop other stress busters that can work for you with minimal calories and cost, such as a brisk walk, a workout, or tea with a friend.
- **Plan ahead.** Does your resolve to eat better weaken when your schedule is hectic? Take healthy snacks such as fruit and nuts with you on busy days.

How to save when buying groceries

1. **Buy items on sale.** Look for the Buy One Get One Free items.
2. **Use coupons** (newspaper and internet).
3. **Make a list** (try to stick to it).
4. When buying fruits and vegetables consider visiting your **local farmer's market**.
5. **Do NOT shop when you are hungry.**
6. **Avoid purchasing non-grocery items at the grocery store** (i.e. hair products, cleaning products, etc.).
7. **Try store brands** (sometimes they taste better than the name brand).
8. **Stay away from prepared meals.** Often these meals are more expensive than preparing your own meals.

