

Eating Well on a Budget

Healthy eating doesn't have to be expensive.

You will save money each week by cooking at home and making your own coffee or tea.

Here are some tips for healthy eating when on a budget.

How to Shop

- ⇒ Plan your weekly menu in advance (on the weekend).
- ⇒ Make a grocery list and shop only from it (no extras!).
- ⇒ Try not to shop when you are hungry.
- ⇒ Clip coupons. Only choose coupons you will use and that really save you money.
- ⇒ Use the weekly ads about sales at your local grocery store.
- ⇒ Buy generic brands whenever possible.

What to Buy

- ⇒ Beans, peas, eggs, canned tuna (in water), and peanut butter are good sources of protein and good buys.
- ⇒ Choose frozen fruits and vegetables.
- ⇒ Choose fresh fruits and vegetables that are in season.
- ⇒ When buying canned fruit, make sure it's unsweetened or canned in its own juice.

Eating Tips

- ⇒ Cook in bulk and freeze the leftovers for future meals.
- ⇒ Stretch costly meals (meat dishes) by adding vegetables.
- ⇒ Drink water with every meal.