



Eating Well on a Budget

Healthy eating does not have to be expensive. Here are some tips for keeping your calories and budget in balance:

- Plan your weekly menu in advance. Make a grocery list and stick to it.

- Checkout the weekly ads for the supermarkets with the best sales.



- Clip coupons. Choose only ones that you will use and are a real cost-saver.

- Try not to shop when you are hungry.

- Compare store and generic brands for the best buy.



- Take advantage of sales. Cook in bulk and freeze or use leftovers for future meals.

- Stretch costly meals (like meat dishes) by adding lots of vegetables.

- Read food labels to get the best nutrition and the most value for your money.

- Choose fresh fruit and vegetables that are in season. Visit your local farmers market for produce.

- Fruit and vegetables are canned or frozen at the peak of freshness. Choose fruit that is frozen, unsweetened or canned in its own juice.

- Beans, peas, eggs, canned tuna (packed in water) and peanut butter are good sources of protein and good buys.

- Grow your own vegetables, fruit or herbs.

