

TIPS FOR EATING HEALTHY ON A BUDGET

- **Make a list** before going to the store and stick to it! Do not go off the list and do not shop while hungry. Shop once a week, and cut out coupons from the paper
 - Shop the outside aisles of the store first. That's where you will find the healthier choices
- **Buy generic/store brand.** They can provide great savings and the nutritional value of the food is the same.
- **Skip the Soda!** Do not drink your calories! Regular soda and juices are high in calories and sugar. Choose diet or light juices –or better yet drink water!
- **Make your own snacks:** Buy some snack-size re-sealable plastic bags, and make your own single-serving packets. Cut down on the number of snacks you buy.
 - Choose one treat from the chip and cookie snacks, and buy a large bag of each for the week. Most snack foods are expensive and are usually not healthy
- **Go frozen:** Frozen or canned packed in water or 100 percent juice, fruits and vegetables are good choices. Skip ones packed in sauces. And look for low-salt options. Try freezing your own berries during the summer, when prices are low!
- **Buy sale items:** Look for sales, but only if you know what to do with the food! Choose bulk and then items like meat and poultry can be divided and frozen for later use for later meals. Split the cost of bulk vegetables and fruit and share with neighbors or friends
- **Eating Out:** Instead of choosing a “value meal” at a fast-food restaurant, downsize to a “kid’s meal” for smaller portion sizes and choose veggies instead of fries.
 - Too tired to cook? Buy a rotisserie chicken at the store, and add the side dishes at home

