

Eating Healthy on a Budget

Eating healthy does not have to cost a lot. Here are some money saving shopping tips.

Before You Go Grocery Shopping

- Plan your meals for the week.
- Make a list of what you need.
- Check weekly grocery ads for sale items.
- Clip coupons from the newspaper. Check for double coupon days.
- Eat before you go shopping. You will buy less.

At the Store

- Look for in-store sale items.
- Stock up on items like canned goods that are on sale.
- Skip single serving items and buy foods in bulk when you can.
- Compare unit price (price per pound or ounce) to find the best buy.
- Look for deals on day-old bread and bakery products.
- Buy fresh fruits and veggies in season.
- Compare fresh, frozen or canned fruits and veggies to see which cost less.

Tips

- Already made foods cost more than homemade foods.
- Name brands often cost more than store or generic brands.
- Buy regular rice instead of instant.
- Buy cereal in boxes instead of single packets.
- Soups, stews, stir-fry and casseroles stretch a little meat to serve more people.
- Use dried beans and peas in place of meat for some meals. They cost less and offer the same nutrients.
- Limit snack foods like chips and cookies. They are high in cost and calories.
- Grow your own fruits, veggies or herbs.

Helpful aids

- Farmers markets: A great place for fresh, local foods direct from the producers. It can help save you money.
www.mplsfarmersmarket.com 612-333-1718 www.stpaulfarmersmarket.com 651-227-8101
- Fare for All: Cooperative food program open to all people. It can save you up to 50% on your groceries.
www.fareforall.org 763-450-3880
- Emergency Food Shelf Network: 763-450-3860
- USDA Recipes. Tips for Healthy, Thrifty Meals:
www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlansRecipeBook.pdf

Shopping List

- Fruits and veggies
- Low fat milk, cheese & yogurt
- Lean meat, poultry, fish & eggs
- Dried beans & peas
- Bread, pasta, rice, cereal & other grains

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