

This
Weeks
Theme

Healthy Eating on a Budget



For more details about how to eat healthier on a budget.



Use your camera on your mobile device to quickly scan this QR code.

Question of the week:

True or false

Purchasing frozen vegetables and fruits is a good way to save money on produce.

Answer: True. Frozen vegetables and fruits are just as nutritious as fresh and is a great option when produce is not in season in the US.

Making the most of your budget to get the most nutrition will take a little extra planning before you shop.

Here are a few tips to help you save money on groceries

Eat out less, cook more at home.

Plan your meals and write a list.

Check your pantry for items you may already have on hand.

Check the local newspapers and online to find sales and coupons.

Plan a couple of your meals based on the meat and seafood coupons and sales.

While in the store compare prices of different brands and sizes. Remember to compare the price/weight, not just the final price.

Shop for fresh produce that is in season.

Buy frozen fruits and vegetables that are not in season.

Stick to your list. Don't let the end displays suck you in.

Focus on nutritious, low-cost foods like beans, lentils, sweet or white potatoes, eggs, peanut butter, canned fish, oats, brown rice, quinoa and frozen or canned fruits and vegetables.

Make your own snacks; trail mix, yogurt parfaits, air-popped popcorn, etc.

Stay hydrated with tap water and replace sweetened beverages with water.

Next Week: Ways to eat more fruits and vegetables