



Better On The Budget

Healthy Food Tips

Eating healthy, whole foods can sometimes cost more than a dollar menu meal, but it's a much smarter choice for your health. Here are some tips to help you make cost-effective, healthy choices:



Plan meals. Making a list and sticking to it while shopping can help you avoid going home with groceries, but no meals.



Shop frozen. Frozen veggies can be a big cost savings, and the flash freezing process helps keep their nutrients.



Shop seasonally. When fresh fruits and veggies are in season, you'll often notice large savings.



Eat staple foods like beans and rice. Together beans and rice make a complete protein, and you can buy them in bulk.¹



Avoid pre-packaged and pre-processed foods. They might be convenient, but you'll pay more than buying something in its whole form and cooking it yourself.



Eat simple whole grains, like oatmeal, for an inexpensive meal that will keep you full longer.



Watch what you drink. Sugary drinks often increase the bill and aren't healthy. Try water with fresh citrus instead. Also, make your coffee or tea at home rather than buying a cup on the go.

Source: ¹Livestrong, 2019

