

Eating healthy on a budget

Change up your routine and save



Eating healthy can help boost your immune system, decrease your risk for certain chronic illnesses, and even improve digestion, but at what cost? It turns out that by making small, simple changes to how you prep, shop, and cook, you can enjoy the benefits of healthy eating without breaking the bank.



How to prep:

- **Plan meals.** Knowing exactly what you need for the week will help you make a list and avoid overspending at the store.
- **Check available coupons.** If your grocery store has a mobile app, they may have digital coupons you can use.



How to shop:

- **Buy in bulk.** Meat and dry goods like rice or oats are cheaper in large amounts. Plus, you can freeze or store any extras.
- **Choose frozen fruits and vegetables.** They're cheaper and last longer than fresh and hold similar nutritional value.
- **Consider generic brands.** They're usually the same quality as name-brand items but less expensive.



What to try:

- **Eat different proteins.** Beans, lentils, and eggs are all low-cost sources of protein. If you still want meat, try lean meat like turkey, instead of beef.
- **Cook at home and make extra.** Leftovers from a home-cooked meal are a great alternative to take-out on a busy night.
- **Grow a garden.** It may take some extra effort, but seeds are inexpensive, and you'll always know your produce is fresh.

Choose a tip to try this week and start saving.

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Sources:
Centers for Disease Control and Prevention website: *Benefits of Healthy Eating* (accessed November 2021): [cdc.gov](https://www.cdc.gov).
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MyPlate website: *Healthy Eating on a Budget* (accessed November 2021): [myplate.gov](https://www.myplate.gov).

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