

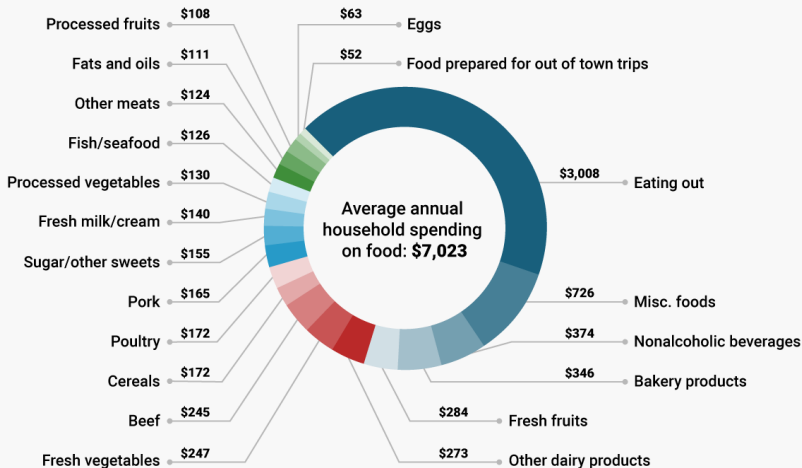
# Healthful Eating On a Budget



Does it really cost more?

When using cost per weight or portion, many nutrient-dense foods are not any more costly than less healthful foods.

## HOW MUCH AMERICANS SPEND ON FOOD ANNUALLY



SOURCE: Bureau of Labor Statistics

BUSINESS INSIDER

## What does this tell us?

43% of the average food budget is spent on eating out.



If you want to stretch your food dollar, prepare more food at home!

# MONEY SAVING TIPS

## BEFORE YOU SHOP

- take inventory
- make a list
- go at a strategic time
- shop alone
- don't go hungry
- research the sales
- shop online

## AT THE STORE

- shop "off brand"
- compare unit prices
- compare nutrition info
- use a store savings card
- use coupons wisely
- buy in bulk with caution
- Pay with cash

## AT HOME

- do your own prep
- waste not, want not
- package snacks
- grow your own food
- invest in storage

## GRAINS

- Buy plain oats and flavor yourself
- Make your own baking mix
- Buy whole grains in bulk
- Skip the microwave popcorn bags

## PRODUCE

- Only buy fresh produce you will use
- Supplement fresh with canned and frozen
- Skip the microwaveable vegetable bags
- Buy in season and buy local

## DAIRY

- Try ultra-pasteurized or powdered milk
- Get more protein with Greek yogurt
- Be flexible with brands

## FATS

- Stick with cheap nuts like peanuts
- Make your own salad dressings
- Use sparingly - a little goes a long way!

## PROTEIN

- Adjust your idea of a "meal"
- Go meatless a couple times a week
- Try canned tuna or salmon
- Buy meats on sale and freeze for later

