

# Healthful Eating On a Budget

## Do healthy foods really cost more?

It depends on how you compare foods:

- price per calorie (unhealthy foods cost less)
- price per edible weight (healthy foods cost same or less)
- price per typical portion (healthy foods cost same or less)

## Money-saving shopping 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

### 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

### FATS

Stick with less expensive nuts, such as peanuts  
Make your own salad dressings  
Use sparingly - a little goes a long way!