

Eating Healthy On A Budget

Check out weekly ads

These usually come free in the mail each week or can be found online. Try planning your meals around what is on sale that week and stock up on common items on sale for future meals.

Sometimes these ads contain coupons as well.

Try shopping at different stores to find the best deal

Different stores may regularly have lower prices for certain items than others. Try making a list of common items you buy and where they are generally cheapest. Also, store brand items are generally cheaper than brand name.

Bundle your meals and save

Buy a package of meat and produce items on sale that can be split between multiple meals in the same week. For example, a pack of chicken breasts could be used for stir fry and a casserole the same week.

You can also freeze extra meat.

Consider homemade snacks

You can buy ingredients for snacks such as granola bars or trail mix and make multiple batches for a lower cost. Plus, they won't be filled with preservatives like some storebought snacks are.

Buy items that will last longer

While it is important to eat leafy green vegetables, these items generally do not last more than a few days to a week in the fridge, so plan on buying these items weekly. Produce items that will generally last a couple weeks are apples, oranges, carrots, onions, bell peppers, potatoes, sweet potatoes, and zucchini. Some stores sell these items in bags of multiples for a cheaper price than buying them individually, so you can buy them and eat them over the course of a couple weeks to save money.

Buying canned and frozen fruits and vegetables is another great way to get items that will last longer.

Mededmaterials.org

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

Source: <https://www.cdc.gov/diabetes/healthy-eating-budget.html>

