

# Healthy Eating on a Budget

Eating plenty of vegetables, fruit, and lean protein is essential for good health. But sometimes these foods can become expensive, especially as food costs are rising. The good news is that with a bit of planning, you can eat well without spending a lot. Here are some simple tips to get you started:

### Tips for preparing at home:

- Check your fridge and cupboards for what you already have and try to use this up first.
- Plan your menu for the week. Look online or in cookbooks for simple recipes. Try to choose recipes that have some of the same ingredients to avoid wasting food.
- Choose low-cost proteins like recipes with beans, lentils, or eggs. These are healthy, filling and usually cheaper than meat.
- Create a shopping list – write down what you need and how much of it so that you don't overspend.
- Look for deals - check store ads and coupons to save money.
- Consider grocery shopping online. This can help you avoid impulse buys and stick to your budget.

### Tips when shopping at the grocery store:

- Eat before you shop. Shopping while hungry can make unhealthy or unnecessary foods more tempting.
- Buy frozen or canned fruits and vegetables. They are healthy, last longer and cost less.
- Avoid pre-made meals. Frozen dinners, pre-made burgers and breaded chicken strips often cost more and may be less nutritious.

Eating healthy on a budget can be a breeze as long as you stick with your plan make smart choices at the store.

Scan the QR code to access a short Cleveland Clinic Canada video with even more tips on how to eat healthier while on the run.

