Strategies for healthy eating on a budget



Eating a diet that includes plenty of vegetables, fruit, and lean protein is essential for good health; however, cooking and eating these foods can become expensive, especially amidst rising food costs. That being said, it is possible to eat a nutritious diet on a budget by planning ahead. The following are a few tips to help with planning and decision making:

Tips for preparing at home:

- Take inventory of what you already have and try to use this up first
- Plan your menu for the week (if you need inspiration, make an afternoon out of visiting the library to browse recipe books, or search online). Try to choose recipes that have common and repeated ingredients to avoid wasting produce.
- Search for recipes with beans, lentils, or eggs. These are cheap and nutrient rich sources of protein.
- Create a shopping list with quantities needed so you don't overspend
- Check store ads and coupons for deals

Tips when shopping at the grocery store:

- Eat before you go to the store to avoid being tempted by unnecessary or unhealthy food options
- Buy frozen or canned fruits and vegetables. They are healthy and cost-effective alternatives to fresh produce, and they last longer.
- Avoid prepackaged convenience items as these are lower in nutrients and can often be more expensive

Eating healthy on a budget can be a breeze as long as you stick with your plan and focus on being a smart shopper.