



### **Eating on a Budget**

The following are some tips to save money during tight economic times and still eat healthy, food.

- Plan meals around seasonal and sale items. Review the ads and use coupons.
- Buy ahead when food is on sale and freeze for later use.
- Consider frozen, canned or dried items vs. fresh. They are equally nutritious and have a longer shelf life. Frozen items are often processed “at the peak of freshness” and may be better quality if the item is not in season. Look for low sodium canned items or rinse before using to cut down on sodium.
- Substitute beans, eggs and peanut butter for meat to obtain less costly protein. When consuming meat remember portion size-3 oz. is considered a portion-about the size of a deck of cards.
- Consider store or generic brands instead of national brands. Most stores guarantee their products and will refund your money if you are not satisfied with the product. Many times store brands are the same as national brands with the store’s label.
- Oatmeal is a healthy, inexpensive breakfast choice instead of costly cereals. It is also a good source of fiber and helps lower cholesterol.
- Avoid buying processed foods and snack foods with empty calories. Air-popped popcorn is a good snack choice - low in calories and a good source of fiber. Purchase seasonal fruits and vegetables for snacking instead of high calories cookies and cakes.