

## Healthy Eating on a Budget

Trying to eat healthy on a tight budget? An important part of a healthy diet is to be supermarket savvy. Here are some tips on how to save at the grocery store:

**Plan** your meals out for the week. You'll be more likely to avoid impulse buying. If you have a plan for each night, you'll be less likely to spend money at a restaurant.

**Glance up and glance down!** Some manufacturers actually pay more to have their food placed at eye level, and these products are often pricier than other brands. Better deals will probably be found above and below this.

**Take your time.** Go when you're not in a rush and when you're not tired. If you are able to go slowly and without distraction, you'll have more time to hunt around for better buys.

**Shop in season.** Fresh fruits and vegetables are an important part of any diet, but they can be costly. To avoid this, buy produce when you know it's in season. It'll be cheaper and taste fresher.

**Make More.** When cooking a big meal, make extra to freeze, or use later in the week for lunches or quick suppers. Double recipes, then freeze half.

**Buy More.** Buying in bulk is almost always cheaper; you can freeze perishable items (such as meat, milk, and even bread) in smaller portions to use as needed. It's always a good idea to buy non-perishable items in bulk (canned foods, dried beans and grains, etc.).

**Use Less.** Use less expensive cuts of meat for casseroles that you slow cook; add extra vegetables and beans to make the meal go further.

**Stock on Staples.** Take advantage of specials on staples—broth, soups, pasta, rice, canned veggies, even bread and meat. Many of these items have a long shelf life or can be frozen for short periods of time.

**Limit Yourself.** Limit your dining out, especially when it comes to fast food, since you'll find yourself spending unnecessarily on items that are high in fat, salt, and calories, which short-change you in the nutrition department.

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