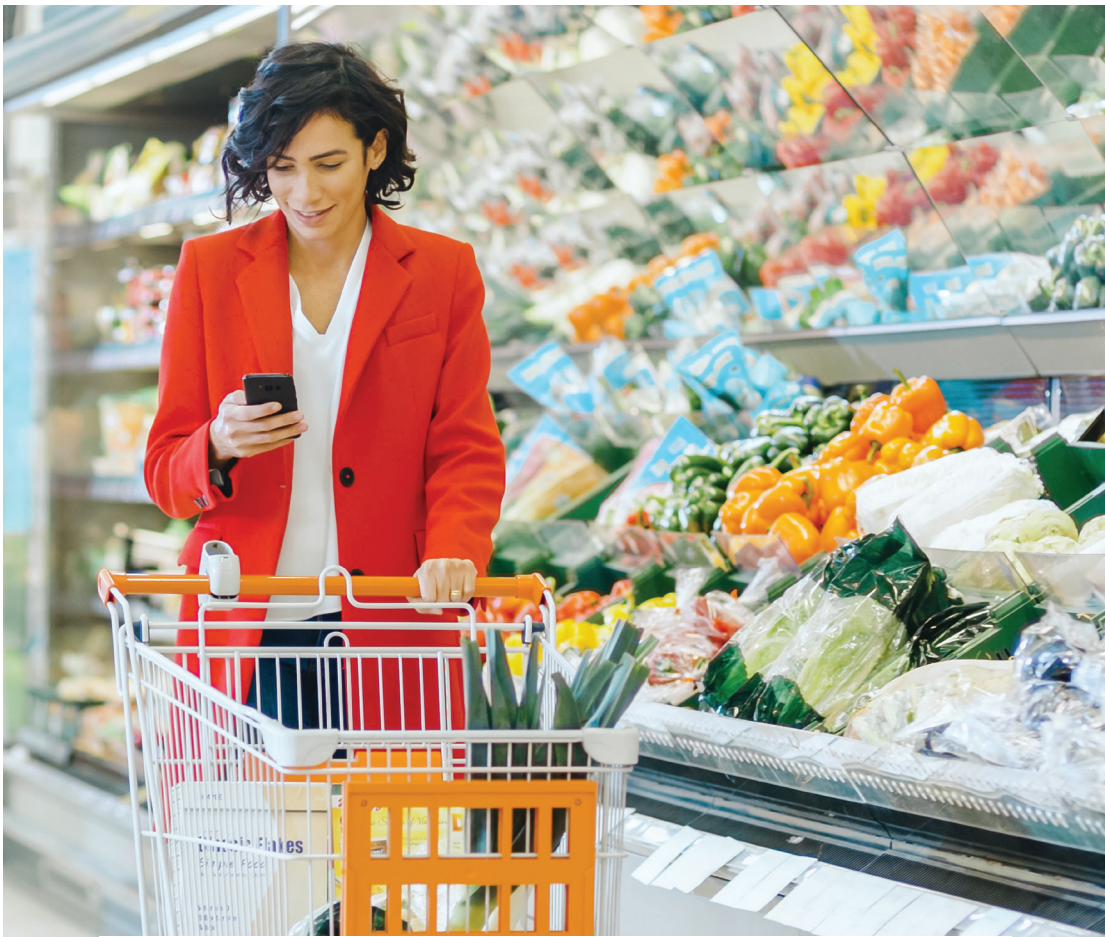




Eat healthy for less

Even with tight budgets, making small shifts in planning and savvy shopping can nourish your body without emptying your wallet.



HEALTHY BUDGET-FRIENDLY FOOD CHOICES



- Setting aside some time to create a weekly meal plan and grocery list will help avoid impulse buys and ensure you only purchase what you need.
- Whole grains, such as brown rice, oats, whole wheat, and quinoa are nutrient-rich and important sources of fiber. When you can, buy these items in bulk to store in your pantry or freezer.
- Frozen fruits and vegetables are often cheaper than fresh and retain nutritional value. Canned beans and tomatoes offer affordable, healthy options.
- Budget-friendly protein foods include dried beans and lentils, eggs, chicken thighs, omega-3 rich canned fish, nuts, seeds, tofu, and plain Greek yogurt.
- For hearty and nutritious veggies, choose root vegetables, such as sweet potatoes, carrots, parsnips, beets, and turnips.
- Cook from scratch when possible using whole ingredients. For example, make your own soups or pasta sauce.