

Healthy Shopping On a Budget



These tips will help you save time, save money and eat healthier!

PLAN AHEAD

Take time on the weekend to plan 3–4 healthy dinners for the upcoming week. No need to make a meal every day of the week. Make extra that can be eaten on those busy nights when you can't cook — leftovers!

USE WHAT YOU HAVE

Take time to go through the pantry, fridge and freezer. Take note of what's on hand.

MAKE A LIST

Make a list of what you need and stick to it.

LOOK FOR SALES

Use store flyers when planning your menu. Plan your menu around what fruits and vegetables are on sale each week.

TRY CANNED OR FROZEN PRODUCE

Canned or frozen fruits and vegetables keep for a long time and may be less expensive per serving than fresh. Look for items that are made with no added sauces or sugar, or that are labeled either "low sodium", "no salt added" or "in 100% juice."

SHOP IN SEASON

Buying fruits and vegetables in season generally means your food not only tastes better, but costs less. Check out your local farmers' market or look for farm stands in your community.

GO GENERIC

Try store brands. Store brands on average are cheaper by about 26% to 28% and their quality is usually the same or better than that of name brand products.

BUY IN BULK

Buy in bulk when foods are on sale. Frozen and canned fruits and vegetables, and some fresh items (like apples and carrots) will last a long time. If you have storage space, save money by stocking up on the foods you eat more often.

SHOP THE PERIMETER

Spend most of your grocery budget on foods found around the outside of the store like fruits, vegetables, low-fat dairy and lean protein foods. Limit your shopping in the middle aisles to staples like whole wheat pasta, rice, canned tuna, and almond butter or peanut butter.

COMPARE UNIT PRICES

Use the unit price to compare similar products. This will help make sure you are getting the best deal. The unit price is the cost per a standard unit (often in ounces or pounds) and is usually found on a sticker on the shelf beneath the item.

DON'T SHOP HUNGRY

People who shop when they are hungry or stressed tend to not only buy more food, but also buy healthier food items.