

Eating healthy on a budget

December 2023

How To Get Started.

Start each day with a mindfulness practice. Work together with the other people you eat with. Make a weekly menu (leave room for flexibility). Review menus for both take-out and eat-in restaurants. Make a grocery list and stick with it. Experiment with batch cooking.

The 3 P's of Eating Healthy On A Budget.

- **Planning-** Planning saves us time and money as well as helps us choose healthier foods. Know what is on your shelf and what you want to prepare. Know what you are missing. Making a grocery list is essential. Check and plan using ads, coupons, and loyalty card savings!
- **Purchasing-** Stick to your list. Do not go to the grocery store hungry. Check the unit price. Buy in bulk. Buy the store brand as opposed to the national brand.
- **Preparing-** Delegate to others you live with and cook together! Use healthy cooking methods such as broiling, baking, grilling, and steaming as opposed to frying.

Tips and Tricks.

- Keep healthy items on hand. Make a healthy meal plan for the week. Make a shopping list of items needed. Be a smart shopper at the store. Stick to your plan when you get home.

Coupon Tips!

- Use coupons on sale items.

- Store brands can still be cheaper even when using a coupon on a national brand.
- Look for stores that double coupon values on certain days.
- Some stores will allow you to use a manufacturer's coupon plus a store coupon.
- Some stores will price match at the register, so do your research and bring ads with you to the store.

Next Steps?

- Start with a protein you can make in a large quantity.
- Add a grain and/or starch.
- Incorporate a fruit and/or veggie.
- Add dairy. Plenty of plant based/vegan options available!
- S-T-R-E-T-C-H it! Leftovers!

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"Let's plan meals to save time, stretch your dollar, and help feed your family and YOU healthy food. The most important thing when you are planning a meal is balance. Healthy eating does not happen by accident. Start planning today to keep your goals, health, and budget in check!"