



HEALTHY ON A BUDGET

Eating healthy doesn't mean you have to break the bank. Healthy food has a reputation for being pricey and out of reach, but there are plenty of ways to help you save money while eating nutritiously.

- 1 Plan ahead!** Come together as a family to brainstorm meals for the week ahead. Create a shopping list and stick to it! When shopping, consider the Environmental Working Group lists for the 'Clean Fifteen' and 'Dirty Dozen' to help you select non-organic or organic, while still staying within budget.
- 2 Shop seasonal.** Throughout the year, pricing fluctuates based on what's in season. Research seasonal produce lists to help plan out meals. Highlight your favorites or circle some new items to get creative and try out a new recipe in the kitchen, together as a family.
- 3 Stock up on sales.** Take a look at the ads for your local grocer and make note of sales. Fruits and veggies can easily be frozen for future use in any meal of the day. Frozen berries are a quick way to spruce up oatmeal or cereal. Mix in frozen veggies with your pasta or with rice for a quick stir-fry side. Make 'smoothie' bags with frozen spinach, sliced bananas, berries and more for a quick and delicious smoothie.
- 4 Cut down on waste by exploring ways to make meals last.** Avoid letting food go to waste by keeping tabs on what's in your refrigerator or pantry. Use your oldest produce first and get creative with leftovers. Chili, stir-fry and soups are all great ways to use up your produce and make the most of the dollars you spend.
- 5 Grow what you know.** Create a small indoor or outdoor garden at home with the produce or herbs you use the most. Have a sunny, kitchen window or balcony? Consider creating a boxed herb garden, a potted strawberry or cherry tomato plant, or a lettuce variety.

TIPS

- Cook together as a family! Give each family member a responsibility or set up it as a cooking challenge. Enjoy some more quality time together by sitting down and talking about the day.
- Try out 'Meatless Mondays' or more well-balanced vegetarian meals throughout the week. Meat is more expensive than proteins like eggs, beans and legumes.

Conversation Starters

What's your favorite healthy food?

Find a recipe that includes it!

What's a healthy food you'd like to try?

Set up a taste test to try it out

cooked in a variety of ways.

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