



Tips for Healthy Eating on a Budget



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Have a plan when grocery shopping

- Make your grocery list prior to shopping and stick to it.
- Do not grocery shop while hungry to help prevent impulse purchasing.
- Collect all coupons for healthy items.
- Have membership cards at your favorite stores and hunt for the sale opportunities.

Go the extra mile

These tips require some effort, but the payoff is significant.

- Meal prep on the weekends
- Cook in bulk
- Consume all leftovers
- Learn the art of canning



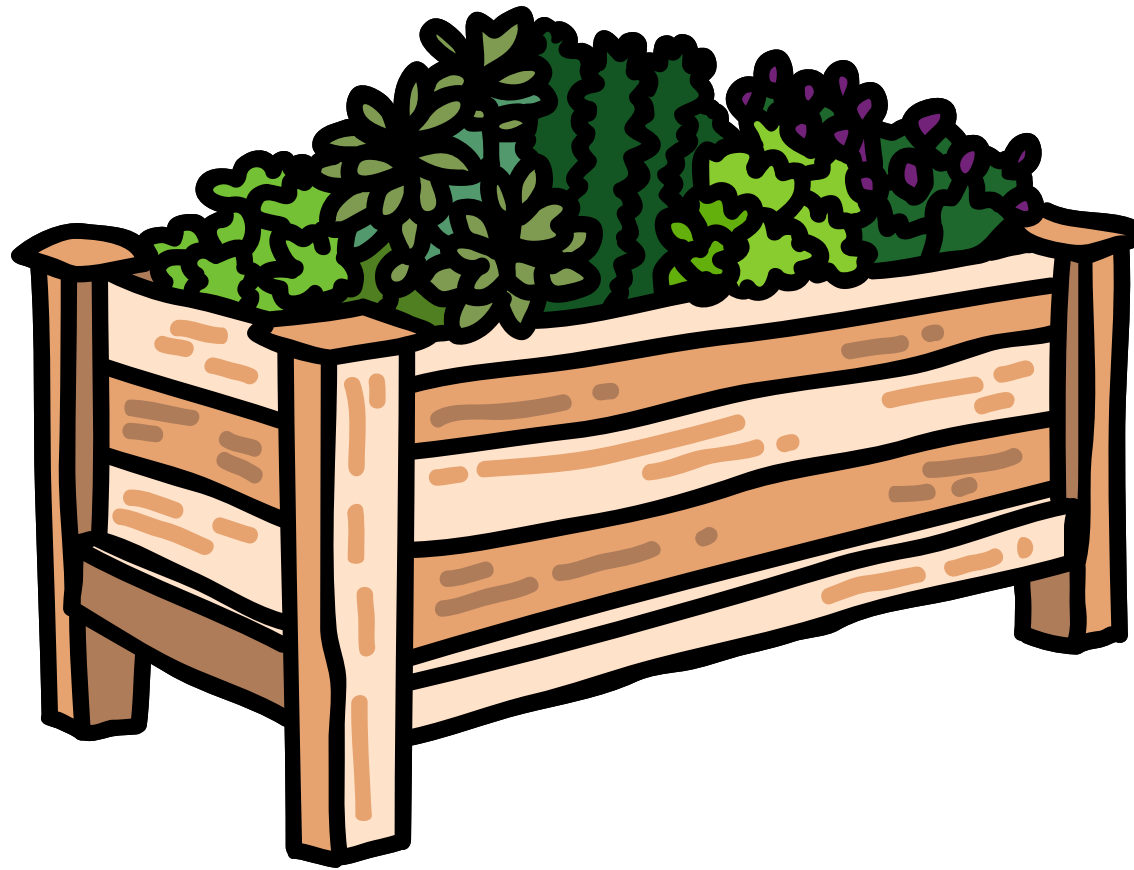
Be Farm Strong!

This is related to "Going the Extra Mile".

Grow your own produce.

- Very economical
- A rewarding hobby
- Control over quality

And if zoning permits, chickens!
Considerably more work,
especially at first. But everyone
remembers how expensive eggs
were recently.



Fresh or frozen?

Purchasing fresh produce is the most nutrient dense and healthiest way to consume, but consider these **pros of frozen** produce and **cons of fresh** produce.

Frozen

1. Less expensive
2. Produce designated to be frozen is harvested at optimum ripeness. Vitamins and minerals are fully developed.
3. Chemical preservatives are not necessary.
4. Some nutrients degrade during blanching and storage but most remain.

Fresh

1. More expensive, especially off season with long distance transportation.
2. Often harvested early to continue ripening during storage, transport and display. Vitamins and minerals are not fully developed.
3. Chemical preservatives are used.
4. Dehydration from the time of harvest to your plate results in nutrient degradation.



Alternative Protein Options

Lean meat is a great choice to get an adequate supply of protein, but quality is important, and the expense can add up. There are other sources of protein and reducing the amount of meat in a diet, especially red meat, is a good idea. Alternatives with a long shelf life saves money by avoiding waste.

1. Legumes
2. Hemp seeds
3. Cottage cheese
4. Canned fish in water
5. Eggs



Appreciate Less Expensive Food

Minimizing the frequency of eating out will save a lot of money. Here are some tips to enjoy eating on a budget:

- Experiment with recipes, ingredients and seasonings.
- Avoid highly processed food.
- Look for healthy generic brands.
- Search for online retailers that sell nutritious, unprocessed food cheaper than the grocery store.
- Buy whole foods, in bulk if possible.
- Continuously remind yourself that you are making the healthy choice in addition to saving money.





Food for Thought

There is always the elephant in the room. It is up to the individual to decide to buy the more expensive brands and produce or take several measures to save money. As long as a healthy, well-balanced diet is being adhered to, a lot of money can potentially be saved in the form of less future medical bills.

- Increase quality of life with a healthy lifestyle.
- A healthy body is conducive to a healthy mind.
- Less sick days equals increased productivity.
- Lengthened career longevity.

References:

- <https://www.healthline.com/nutrition/19-ways-to-eat-healthy-on-a-budget#The-bottom-line>
- <https://www.healthline.com/nutrition/fresh-vs-frozen-fruit-and-vegetables>