

# Text2LiveHealthy

## Healthy Eating on a Budget

(Adapted from Healthline, accessed date Feb. 2019)

### Shopping Tips

**1. Plan your meals and make a grocery list:**

- ✓ Plan your meals a week at a time.
- ✓ Don't forget to include foods you have in the fridge and on the shelf in your week's plan.

**2. Cook at home:**

- ✓ Make cooking at home a habit instead of making a last-minute choice to eat out.
- ✓ Cook for the entire week on the weekends.

**3. Cook large portions and use your leftovers:**

- ✓ Cooking large meals can save you time and money.
- ✓ Leftovers can be used for lunches, in other recipes, or frozen to be enjoyed later.
- ✓ Add older vegetables to stews, soups, and casseroles.



**4. Don't shop when you're hungry:**

- ✓ If you shop when you're hungry, you are more likely to buy unhealthy foods on an impulse.
- ✓ Grab a piece of fruit, yogurt or another healthy snack before you go to the store.

**5. Replace meat with other proteins:**

- ✓ Use other types of protein such as canned fish, legumes/ beans, eggs, tofu, nuts and seeds.
- ✓ Try peanut butter with apple slices, canned tuna with tomatoes or a tofu stir-fry.

**6. Pack your lunch:**

- ✓ Packing your lunch, snacks, drinks and other meals is less expensive and healthier than eating out.

For more information visit: <https://www.healthline.com/nutrition/19-ways-to-eat-healthy-on-a-budget#section3>



**SNAP-Ed**

Division of Food & Energy Assistance

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