

# Eating Healthy on a Budget

Many believe that eating healthy is impossible with a budget. However, eating at home allows you to be in control of your health and your food costs.

## Preparation

Preparation is the most important part of eating healthy on a budget. Always start with a list. A list will keep you on track and accountable once you get to the store. Ask yourself these four questions:

Using the food you already have is the #1 tip for saving money!!

1. What do I already have on hand?
2. What do I actually need?
3. What foods will better my health and sustain me during the week?
4. What meals do I want to prepare?

Think of the Diabetes Plate Method

- When looking for lean protein sources, beans, lentils, quinoa, nuts and seeds, can be cheaper than meat products.

Pay attention to store sales

- Coupons are a great resource!
- If you are able, consider buying in bulk for future meals and food storage.

Eat before you go shopping

- You are more likely to impulse buy if you shop on an empty stomach.

## Shopping



Look for labels that say *low or no sodium, low sugar, packed in light syrup or water, unsweetened or unflavored*. Often times, these healthier products are the same price or less than the same items that do not have these labels.

## Farmer's Markets & Food Pantries

- Look for whole grains and produce.
- These sites will have information and resources for food assistance programs if you qualify.
- Become familiar programs and people in your community that want to help you succeed.