

Financially Savvy Healthy Eating

HEALTHY EATING CAN BE BUDGET FRIENDLY

- Buy generic foods instead of brand name.
- Do not waste money on cakes, cookies, pies, sweets, sodas, fruit drinks, snack chips and other junk foods.
- Purchase dried beans, peas, lentils. These are great sources of fiber and protein.
- Look for sales on produce and meat, poultry, fish and shellfish in the weekly advertisements. Use this to help plan your grocery list in advance.
- Purchase frozen fruits and vegetables.
- Buy canned vegetables with “No Added Salt”.
- Use your Freezer! Buy (freezable) foods in bulk when it is on sale. Freeze leftovers.
- Buy Lean Cuisine and Healthy Choice Entrees when they are on sale and stock up. These are lower in calories, fat and less than 700 mg sodium per entrée.
- Purchase canned fruits in its own juice or in “Light” syrup.
- Buy whole grain pasta.
- Buy generic brown rice.
- Buy generic canned tuna in water.
- Buy canned dried beans (generic are available) with “No Added Salt”.
- Natural peanut butter is a good source of protein.
- Egg whites are a good source of protein (the yolk contains saturated fat, so you want to limit the yolk to 3 per week).
- Purchase frozen fish and shellfish – this is less expensive than fresh fish.
- Make your own soups and casseroles with any suitable leftover items to prevent wasting.
- Purchase whole grain breads on sale and freeze them.
- Buy generic sucralose to sweeten foods.
- Caution: Buying in bulk does not always save you money. Read the price card to see how much the store is charging per ounce (or other measurement). For example: 95 cents per ounce verses 98 cents per ounce.
- Pack your lunch
- Eat out less often
- Proper planning: Map out meals for the week and base your grocery shopping on your list.
- One-pot convenience: One-pot dishes are great all-around: They save on prep time, money and dishwashing, and often make great leftovers.

<http://www.extension.iastate.edu/foodsavings>