

## HEALTHY EATING on a Budget

Is healthy eating getting expensive?  
Remember these three tips:

### Plan

Spend 15–20 minutes per week planning each meal, making a grocery list, and assessing how much to buy. Include components from the five food groups to get the nutrients you need! Consider meals that can be “stretched” into more portions, such as salads, soups, or stews.

### Compare

Search online for coupons, sales, and special deals. Utilize reward cards and always keep grocery lists close by. Compare unit prices on shelves to make sure you are getting the best price.

### Prepare

Cut up fruits and vegetables for quick, easy snacks. Prepare meal items in advance. For example, cut up peppers to snack on and save some for a stir-fry.