

3 Steps for Eating Healthy on a Budget

Eating healthy can be tough on its own, but budget and time constraints can make it even harder. However, incorporating a few simple strategies can help you get the positive nutrition you need with your available resources.¹



PLAN

- **Planning out meals & snacks** each week can help save both time and money at the store.
- **Select recipes that maximize ingredients** you currently have (prevents food waste) and/or incorporate overlapping ingredients (allows bulk buying).
- **Make a strategic shopping list** with ingredients (and amounts) needed to minimize over-purchasing and impulse buying.



SHOP

- **Sign up for store discount / reward programs** & check sales / coupons to pick where to shop for expensive items.
- **Focus on nutritious, low-cost foods:** grains (oats, brown rice), legumes (beans, peas, lentils), eggs, peanut butter, canned seafood, sweet potatoes.
- **Shop according to the season.** Produce in season is usually easier to get and less expensive. During the off season, canned fruits & vegetables (with no added sugar / salt) are also cost-effective options for positive nutrition.



PREPARE

- **Foods prepared at home** are usually healthier and less expensive than eating out.
- **Make large batch recipes** to save both money (bulk purchasing) and time (food prep).
- **Make & portion out your own healthy snacks** to avoid paying more for individual pre-packaged items or overeating from larger servings.

References:

1. U.S. Department of Agriculture. Healthy Eating on a Budget. MyPlate.gov. Updated Jan 2024. Accessed Oct 29, 2024. <https://www.myplate.gov/eat-healthy/healthy-eating-budget>