

EATING WELL ON THE CHEAP

In the current economy, many of us are living on a budget and looking for ways to reduce food expenses while still enjoying tasty, nutritious meals. With the right tips and a little planning, it is possible to enjoy healthy food on the cheap. The more you focus on purchasing local, unprocessed food and preparing meals at home, the healthier and tastier your meals will be, the better you'll feel, and the more money you'll save.

- **Cut the junk.** Evaluate how much money you are spending on items such as soda, cookies, crackers, prepackaged meals, processed foods, ect. Limit or completely cut out these unhealthy foods. Your wallet and body will thank you.



- **Eat out less.** Even just reducing your meals out by 1 or 2 times per week, can save you about \$15 to \$25 per week. This is an easy way to save money and even have some extra to spend on higher quality foods.
- **Stick to you grocery list.** The more prepared you are when you get to the store the less impulse purchases you will make. So write out a grocery list and stick to it!
- **Cook large portions.** It saves time to cook once and eat multiple times. One idea is to make a big pot of soup at the beginning of the week. Help yourself to a bowlful along with a green salad. This is an inexpensive and healthy lunch anytime.



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