PLAN. EAT. MOVE.

8 SIMPLE WAYS TO EAT HEALTHY ON A BUDGET

1 BUY WHOLE FOODS

Processed foods are more expensive and less nutritious than unprocessed foods.

Whole foods give you more control over the ingredients and you can also buy them in larger quantites.

2 BUY CHEAPER CUTS OF MEAT

Try less expensive cuts of meat and use different cooking methods to make tougher cuts tender and juicy. Buy large, inexpensive cuts to use in several different meals during the week.
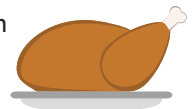
3 PREPARE YOUR OWN FOOD

Preparing your own food allows for total control over the ingredients and is much cheaper than buying food out.

- Eat before leaving for work or going out.
- Take food with you to school or to work.

4 STICK TO YOUR GROCERY LIST

Avoid impulse buying by making a grocery list and sticking to it. Don't shop when you're hungry and go to the grocery store alone. This will help you stick to your list as well.

5 PLAN YOUR MEALS AHEAD

Plan out meals for the week and list all the foods you need to buy. Check your fridge and cabinets to see what you already have and buy only what you're sure you'll use.

6 BUY FROZEN FRUITS & VEGGIES

These are often half the price of fresh produce, you can buy them in bulk to save more, are available all year 'round and are sold in large bags. Frozen fruits and veggies are just as or even more nutritious than their fresh counterparts, if frozen right away when they're picked.

7 BUY GENERIC FOODS

Generic foods taste just the same and are of the same quality as brand name foods. The difference is that they are much cheaper.

8 BUY IN BULK

Foods like grains, millet, barley, rice, beans, some nuts and oats are available in bulk and are easy to stockpile. Find them on sale and buy as much as you can afford, making sure you're actually going to use them.

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