Low-Cost Tips

HERE'S HOW:

- VISIT THE FREEZER AISLE
- TRY YOUR LOCAL FARMERS MARKET
- Go to the local produce and buy local vegetables that are in season and are grown in your area. Ask the store to order vegetables that are in season and are grown in your area.
- Buy seasonal fruits and vegetables.
- Buy in bulk! It is almost always cheaper than fresh. Fruits are just as nutritious and usually
- Did you know that fruits and vegetables are often more nutritious and usually

GO GENERIC! Don't be fooled by the more attractive brand names. Generic food will often provide the same quality for less money.

BUY IT WHOLE! Buying whole ingredients instead of pre-washed and cut salad and pasta mixes can save you money.

BUYED IN BULK! It is almost always cheaper than fresh. Fruits are just as nutritious and usually

Did you know that fruits and vegetables are often more nutritious and usually

Go to the local produce and buy local vegetables that are in season and are grown in your area. Ask the store to order vegetables that are in season and are grown in your area.
1. Eggs, oven roasted potatoes and peppers, whole grain toast, strawberries, milk

Eggs are a nutritious and affordable source of protein. Scramble, poach, or boil eggs to prepare them with less fat.

2. Roasted chicken breasts, steamed carrots, brown rice, grapes, milk

Roasting a whole chicken is an inexpensive way to provide protein for multiple meals. Use the leftovers to make soup, add to casserole, or to top a salad.

3. Black beans, whole wheat tortillas, sautéed veggies, watermelon, low-fat cheese

Beans are a great source of fiber and low-fat protein. This will give you a healthy, full feeling, while keeping you on budget.

**MORE Low-Cost Tips**

- **PLAN AHEAD!** Before you go to the grocery store, plan your meals. Try to include meals that will “stretch” into more portions like stews, casseroles or a stir-fry.

- **CUT COUPONS!** Check online, in the local newspaper and at the store for sales and coupons. Keep an eye out for specials.

- **COMPARE!** Find the “unit price” on the shelf and use it to compare different brands and sizes to find the most affordable option.

- **PREPARE LARGE BATCHES** of your favorite recipes and freeze them in individual containers and use them throughout the week instead of ordering take-out meals.

- **“PLANNED-OVERS”**
  
  Plan for extra “leftovers” and save some cash. Use your leftovers in creative ways like toppings for omelets, baked potatoes or pasta.

**REMEMBER...**

- GET YOUR CALCIUM.
- MAKE AT LEAST HALF YOUR GRAINS WHOLE GRAINS.
- VARY YOUR VEGGIES.
- MAKE PHYSICAL ACTIVITY A PART OF YOUR PLAN.
- GO LEAN WITH PROTEIN.