

Tips for Eating More Healthily on a Budget

This tip sheet can be distributed to Direct Support Professionals (DSPs) to help them work with individuals they support to learn how you can buy healthy food for affordable prices.

Try at Least One of these Tips this Week!

- ✓ **Plan your meals for the week** – What foods do you have at home? What do you need to put on your shopping list?
- ✓ **Make a grocery list** – Stick to it!
- ✓ **Get the best price** – Look for sales and coupons online and in the newspaper.
- ✓ **Compare prices** – A good guideline is to buy store brands. Often the store brands cost less and taste just as good.
- ✓ **Buy in bulk** – Most of the time, things are cheaper if you buy the larger size or multiples of whatever you want to buy. If it's not perishable (won't go bad soon) and you know that you'll use it up, it's worth buying in bulk.
- ✓ **Shop with a friend** – You can share bulk items with this friend, and it could make it a cheaper trip for the both of you.
- ✓ **Buy fresh fruits and vegetables** – Frozen or canned fruits and vegetables usually aren't as tasty or healthy. Fresh fruits and vegetables aren't very expensive, and you can usually buy just the right amount you need.
- ✓ **Cook at home** – Frozen food and dinners may cost more than making it yourself. Frozen food usually is not as healthy either.
- ✓ **Cook more than you need...** – Divide the food you cook. Refrigerate or freeze the leftovers to eat at other meals.
- ✓ **... And use your leftovers** – Be creative! Remember, throwing away food costs money.
- ✓ **When eating out, look for specials and drink lots of water** – it's free and good for you!
- ✓ **Use quick and easy recipes** – You can find easy healthy recipes here:



https://www.cdc.gov/healthyweight/healthy_eating/recipes.html