

7 TIPS FOR EATING WELL *on a* BUDGET

Eating well doesn't have to be expensive. Try out these tips to help you save money while making healthy choices at the store.

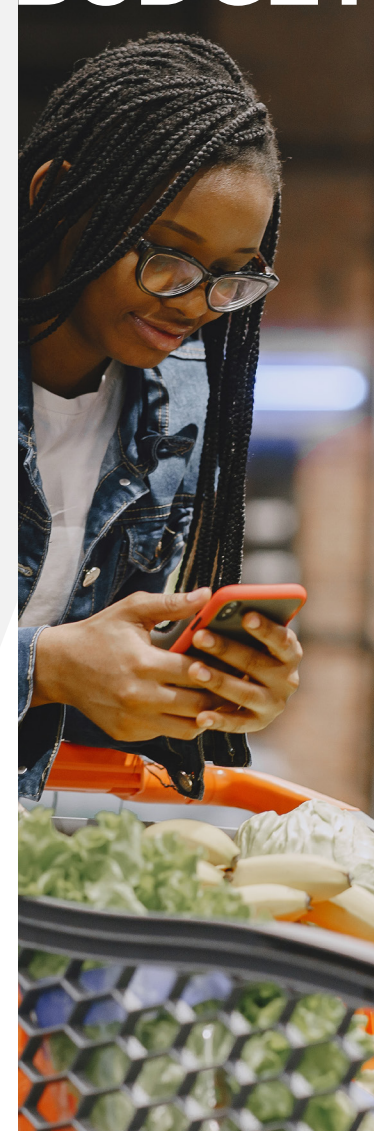
- 1 Plan ahead.** Make a list of the items you need to purchase and stick to it. Any extra items will increase your cost.
- 2 Don't shop while hungry.** Shopping for groceries while hungry can tempt you to buy more food you might not need.
- 3 Opt for off-brand or cheaper brands of the products you enjoy.** Even for products as basic as beans, the brand you choose can really make a difference in cost.
- 4 Look for recipes or meals that share ingredients.** This way, you can incorporate what you have into more meals to ensure no item goes to waste.
- 5 Look for coupons.** Store coupons can often be found online and printed for free or accessed through grocery store apps. Some brands even offer their own for select products.
- 6 Avoid pre-cut fruits and vegetables.** Whole fruits and vegetables are often cheaper, and putting in the work yourself to prepare them can help you save.
- 7 Limit dining out to special occasions.** Not only will this help you save, but cooking at home allows you more control of the ingredients that go into your meals.



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