

# Eating Healthy On a Budget



*You can eat healthy and save money by using the tips below:*

- Use the weekly store flyers to find the fruits, veggies and meats that are on sale.
- Buy bags of apples or oranges for snacks.
- Bags of frozen vegetables are always handy to add to soups, sauces, and casseroles. Stock up on them when they are on sale if you have room in your freezer.
- Check and compare the unit prices located on the shelf under the item. The unit price compares different brands of the same products.
- The one with the cheapest unit price is the best bargain. Bigger packages do not mean the item is cheaper. Compare the unit price to be sure.
- In general, cooking from scratch is much cheaper and healthier than using mixes or buying already prepared fresh or frozen foods. It often doesn't take much more time, plus you can usually cut down on salt and sugar.
- Store brands are almost always cheaper than national or name brand items.
- Eating out costs a lot of money. Eat at home and pack lunches. Eating out can be a treat every once in a while, but it is expensive and usually not as healthy.



For fact sheets go to: [www.chadkids.org/goto/childhealthmonth](http://www.chadkids.org/goto/childhealthmonth)

10/2008

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