

MEAL PLANNING

Once a week, see what food you already have and use those foods to make a meal plan. Then shop for additional items you'll need for the week. Make a list and follow it. And avoid shopping while hungry to reduce the chance of making impulse buys.



USE YOUR COUPONS

Before you shop, check for coupons and sales. Take advantage of discounts to stock up on foods you use often. Buy fruit and vegetables that are in season; they tend to be fresher and less expensive. And don't forget loyalty programs and digital coupons.

COUPON

www.healthysavannah.org

THERE IS A HUGE MISCONCEPTION THAT IT IS TOO EXPENSIVE TO EAT HEALTHY. IT DOESN'T HAVE TO BE! TRY THESE TIPS TO BUY FRESH AND AFFORDABLE FOODS, PLAN MEALS, AVOID FOOD WASTE, AND CONTINUE TO LIVE A DELICIOUS AND HEALTHY LIFESTYLE.



One of the easiest ways to eat what you like, control ingredients, and save money is to cook at home. Prepare a little extra to eat throughout the week or freeze for later. Not only will it save money, but it'll also save time!

Eating Healthy on a Budget



GENERIC BRANDS ARE YOUR FRIENDS



Store-brand versions of a lot of foods cost less than brand-named foods. Be sure to take advantage of those off brands, but read the ingredients to ensure you are getting similar quality.

AVOID PROCESSED FOODS

Sodas, sweets, sugary drinks, salty snacks, and packaged foods are heavily processed.

Processing lowers nutritional value, increases calories, and can lead to eating more than the recommended daily amounts of sugar, salt, and artificial trans fats. Try to shop less in the center aisles of the store and more around the store walls to avoid processed foods.



A RICH HERITAGE OF HEALTHY EATING

Many African American, Southern, and Latino dishes are connected to the traditions of West Africa and South America. These foods can be very healthy and inexpensive, using lots of spices and herbs, greens, rice, corn and other grains, beans, fruits, and tubers, like potatoes, sweet potatoes, and yams. These plant-based foods are rich in nutrients, delicious, and won't break the bank. And they're great to share! Make time to eat with family and friends; as in most food traditions, sharing a meal not only satisfies hunger, but it also promotes fellowship and community.

<https://oldwayspt.org/traditional-diets/african-heritage-diet>

<https://oldwayspt.org/traditional-diets/latin-american-heritage-diet>



SAVE MONEY SHOP SMART

Wasting food is expensive. Stock your fridge, freezer, and pantry carefully to reduce food waste. If there is a food you won't use immediately, or if you buy in bulk, seal the extras well and store them in the freezer. Your groceries will stay fresher longer.



REPLACE EXPENSIVE MEATS WITH OTHER PROTEINS



Swapping meats with other, less pricy proteins can save money. Start slowly by replacing meats with less expensive alternatives like eggs, beans, lentils, or chickpeas once or twice a week.