What we eat is one of the important things that determines our health, but we find that money and time is often a barrier to having a healthy diet. We often think that we must spend a lot of money to eat healthy, but you can stay in a budget with a healthy meal that will also taste delicious! To improve your finance and nutrition, here are some tips you can include next time you meal plan or grocery shop:

**BEFORE YOU GROCERY SHOP:**

- **Plan your meals ahead of time**
  Start your search on cheap and healthy meals. Look up YouTubers who dedicate their channel to healthy and tasty food, such as Joshua Weismann, Pick Up Limes, or Tasty.

- **Create your ultimate grocery list**
  Creating a grocery list will help you remember what you need for your next meal. Before you do that, make sure you look around your kitchen to see what you have.

**AT THE STORE:**

- **Stick to your shopping list**
  It's easy to stray away from your grocery list when you're surrounded by junk food and sodas, but make it a rule that if it's not on your list, then it's not going in the cart!

- **Make smart and healthy shopping choices**
  Buy generic or store brand, frozen fruits and vegetables instead of fresh, canned fruits that are soaked in 100% fruit juice, canned meat that is labeled with "low salt" or "no salt added," dairy labeled with "low fat" or "fat-free," and cheaper cuts of meat and lean meats.

**WHILE YOU'RE COOKING:**

- **Cook large portions**
  Cook large portions once a week and eat your meals multiple times. This can help with saving money since you don't need to buy food from restaurants.

- **Experiment with your food**
  You don't have to completely follow a recipe! If a recipe says to add a meat protein, replace that with vegetarian sources of protein.

**REMEMBER:**

- Plan on eating out at restaurants less
- Be aware that convenience costs more
- Instead of buying it, make it at home: coffee, tea, salad dressing, chips, and your own lunch
- Don't shop when you're hungry

If you are in need of food, the Corner Store is open during clinic hours to Corner patients and community members between the ages of 12-25. You can get fresh produce, baked goods, frozen meats, and dairy products at no cost!