

EAT RIGHT ON A BUDGET



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.

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.

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.

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!

