

Healthy Eating on a Budget

Ever felt the frustration of trying to eat healthy on budget? You are not alone! It can be challenging to eat a well-balanced diet when you are on a tight budget. But eating on a budget does not mean sacrificing nutrition. With a little preparation, you can find your balance. Here are some tips to help you eat healthy when you are on a budget:



- 1. Do not shop on an empty stomach.** Before heading to the store, make sure to have a snack. Shopping on an empty stomach can lead to unplanned buying, causing you to spend more on items you are craving.
- 2. Keep a running grocery list.** Stop wasting your time searching your cupboards to check what is empty before you go shopping. Keep a whiteboard board or a notepad in your kitchen or use a phone app to keep track of items you have run out of during the week. Sticking to your grocery list can reduce the temptation to make unplanned purchases at the grocery store.
- 3. Separate items by category or section.** Impulse buying also happens when you wander around the grocery store searching for what you *need*. To prevent this, separate your shopping list by the sections in the grocery store like fruits and vegetables, bakery, protein, dairy, and canned/frozen foods, and a treat. Many grocery list apps will do it right away!
- 4. Create a recipe board.** Using your favourite social media site or app, create a board of healthy recipes you want to try. Think about breakfasts, lunches, dinners, and snacks. Healthy eating does not have to be boring, so look for foods you love. When creating your grocery list, use this board as inspiration to try one new recipe every week or so.
- 5. Compare Prices.** Learn which products are expensive and which ones are cheaper by comparing the prices on the labels. A good place to start is to compare the generic and brand name products, which sometimes have different prices. Remember to also scan different shelves. Companies pay extra to put their products right where you can see them easily. You might find the same items at better costs on the higher or lower shelves.
- 6. Shop for Sales.** Before you shop, check out flyers, mobile apps, websites, and coupons for deals on foods that are on your list. Look at flyers of different grocery stores in your area or download an application such as *Flipp* which contains weekly digital flyers from stores that are closest to you.
- 7. Grow a garden.** What is a better way to save money than growing your own fruits and vegetables? Even if you do not have a yard, many fruits and vegetables can grow in pots placed in sunny areas around the house such as the patio. Having fresh produce in your backyard can save you money at the grocery store.



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