Eating Healthy Doesn't Have to Be Expensive

Eating a well-balanced diet is a key component in living a long, healthy life. Many Americans think that eating healthy means they have to empty their wallets, which isn't necessarily the truth. Keep the following money-saving tips in mind next time you're grocery shopping:

1.   **Make a weekly meal plan.** Before you go to the store, think about what meals and snacks you want for the week. Read recipes thoroughly so you can make an accurate list of everything you need, reducing the risk that you'll have to run back to the store later in the week.

2.   **Create a list—and stick to it.** Make a detailed list of what you need to buy before you go to the store. When you get to the store, don't buy anything besides what's on the list.

3.   **Plan where you're going to shop.** Many grocery stores run sales or offer coupons on various healthy foods. Check out the ads and plan your grocery list around what's on sale.

4.   **Shop seasonally.** Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Click here for a list of what's in season.

5.   **Cook at home as often as possible.** Many foods prepared at home are cheaper and more nutritious. Go back to the basics and find a few simple and healthy recipes that your family enjoys.