



Healthy Choices on a Budget

Ten Ways to Save You Even More Money

There is a huge misconception that eating healthy costs a lot more than the everyday average meal, especially if you have a small group to feed. You may have heard of some ways to help cut the grocery bill. Many of them are pretty common such as looking for coupons, meal planning, and making grocery lists. While those certainly help, we want to dig a little deeper and share ten ways to help you save even more change for your purse.

1 Share Ingredients First and foremost, meal planning is key. When planning your meals, share ingredients. For example, you make black bean and spinach tostadas on Monday; chances are you won't use all your spinach. Don't let it go to waste. Use the remaining spinach on Tuesday for spinach and strawberry salad. Wednesday's menu calls for strawberry pancakes. You get the idea.

2 Adapt to Sales Don't throw away the junk mail just yet. Check and see what's on sale before menu planning. If there's a great sale on whole grain pasta and canned tuna, make tuna noodle casserole for lunch that week. Plan ahead and if something you use often is on sale, like green beans, buy ahead of time to store or freeze until you need it.

3 Shop Specialty Stores Discount stores are perfect for saving money if you're creative with your meals and plan your menus with what they have available. Or shop online! Online grocers can be a source for savings and convenience. Also, grocers specializing in ethnic foods often times have hard-to-find ingredients at great prices.

4 Visit the Farmer's Market right before they close. Growers don't want to take produce back with them. They tend to give the best deals right before they call it a day. It saves them money too because produce gets wasted if it doesn't sell. You can't get any healthier than fresh produce.

5 Buy in Bulk Shop in the bulk bin section of your grocery store. Get your noodles, rice, quinoa, flour and other dry ingredients. Buying by the pound saves you some serious dough.

Bonus Buy your meat in bulk. Wholesale stores have great prices by the pound on ground beef, chicken and pork. Just separate and freeze when you get home.

6 Learn Price Per Unit Grocery stores have to display food costs in price per ounce or price per unit. Often, you'll find that the price per ounce is significantly less for the food item you want when purchased in a larger volume. It may cost more but you're getting a bigger bang for your buck.



7 Make Your Own Condiments Make your own dips, sauces, salad dressings and spreads. Not only are these items inexpensive to make, but you control the sodium and fat contents. You also eliminate unhealthy ingredients.

8 Stay Loyal Sign up for store loyalty programs. Some food markets and super stores offer cash back on your purchases or bonus points to use toward a discount on your bill at the register. The more you spend at that same store, the more you will earn - which can mean big savings over time.

9 Eat Less Meat Use meat alternates when possible. Beans and eggs are less expensive than a pound of hamburger. Use refried beans on your taco instead of beef, or serve egg salad sandwiches instead of turkey.

10 Get Paid to Grocery Shop Download rebate apps on your phone. Tag it with grocery store loyalty apps. Most apps do the savings for you. Just shop and scan. Some apps will even provide credit you if a product you recently purchased goes on sale within a certain time frame.

Stretch your food dollars. When you receive reimbursement from the USDA as a CACFP provider for serving healthy meals and snacks, you can purchase a greater variety of foods. Know someone who is not on the food program? Share our site, cacfp.org so they can:



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