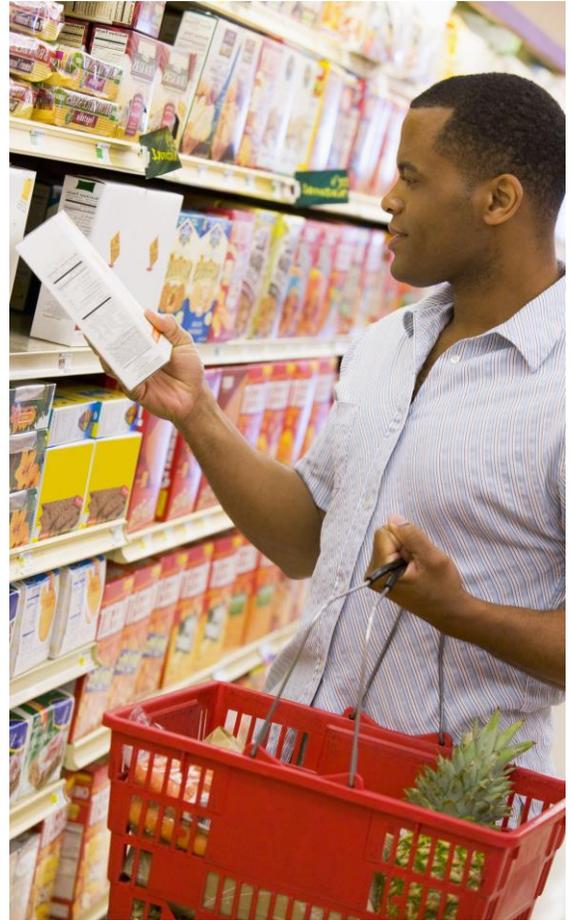




15 BEST FOOD PICKS TO SAVE MONEY

These foods pack in good nutrition without boasting a high ticket price

1. **Fresh fruits and vegetables that are in season:** Think strawberries in May, apples in the fall, oranges in the winter, etc.
2. **Frozen vegetables and fruit (without sauces or salt added):** No need to worry about spoilage! Add to stir fries or pasta and rice dishes
3. **Canned fruits and vegetables (pick no salt added or canned in juice):** Choose generic brands to save \$\$
4. **Fresh produce that you cut and wash yourself:** Don't pay for convenience, take a few extra minutes and cut it up on your own
5. **Potatoes and sweet potatoes:** A great, high-fiber side dish or entree
6. **Oatmeal:** Pick the canisters of regular, not instant oatmeal
7. **Whole wheat pasta and brown rice:** These whole grains can extend the meat in recipes
8. **Eggs:** Excellent, affordable protein. Quick breakfast = egg scramble in a whole wheat or corn tortilla
9. **Fat-free/1% milk:** Can cost less than whole milk. Packs the same 9 essential vitamins and minerals, sans the fat
10. **Beans/legumes:** Inexpensive protein and fiber: add to salads, soups, and meat dishes like tacos
11. **Peanut butter:** A simple PB&J at lunch (or dinner) with a fresh fruit or veggie can save you money and time
12. **Canned tuna or salmon (in water):** Use on salads or sandwiches to get a dose of heart-healthy fats
13. **Ground beef:** Buy 80% lean to stretch your budget, but be sure to rinse with hot water after browning to reduce your overall fat content
14. **Meat:** Use smaller portions than what a recipe calls for (like 12 oz. instead of 1 pound) in stir-fries, casseroles, and salads
15. **Tea:** Brew your own instead of buying bottled versions



TIPS FOR EATING BETTER ON A BUDGET:

- Generic brands are often comparable to national name brands and can you money
- Buy items in bulk when the price is right. Just be sure you will use or freeze the item before it goes bad. For example: buying 3-5 pounds of chicken breast in a larger package can save you up to \$2-3 *per* pound compared to buying a smaller package.
- Have a plan: think through your week and on nights when you have a little more time, make meals with enough leftovers for other nights that are much busier.
- Shop from a list to avoid impulse buys and forgetting necessary items at the store.