Teller Senior Coalition
... Independence and Dignity

Buying nutritious food on a budget

Choosing heathy food options while living on a tight budget may be a hard task. Here are some tips on making the most of your food budget.

Before Going to the Store:

- Plan a weekly menu. Remember to add snacks too!

- See what leftovers need to be eaten and plan a meal or two around them.

- Have a snack to eat before you go. It will help you stick to your shopping list.

- Look at the store circular to see if they have items on sale that you like.

Save on Calories: Skip the cookie and chip aisle, so you are not tempted to buy them!

Use the check-out lane without candy, too!

During shopping:

- Organize your shopping list by aisle. This will shorten your shopping trip.

- Try store brands. They are often the same quality at a lower price.

- Compare products for the best deal.

- Check sell-by and use-by dates. Make sure you will use it by the use-by date.

- Look Down: Stores typically stock the most expensive items at eye level. Lower priced items are often on the bottom or top shelf.

Buy meat in bulk. Then repackage into individual portions and freeze.
Don't forget that tuna, salmon and eggs are low cost proteins.
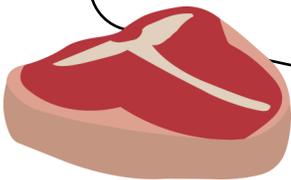
Using a coupon?

If you have a coupon for a brand name product, check the price difference. Often, the store brand is less expensive than the brand name even if you use a coupon!

Only use coupons for the products you will eat. You may be tempted to buy a product just because it is a good price. But if you never eat the food, you have wasted money!

Buy frozen fruits and vegetables. They last longer and are just as good for you as fresh vegetables.

You can use what you need–saving you money and reducing waste!

YOUR WEEKLY MEAL PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK							

MAKE YOUR GROCERY LIST

FRESH FRUITS & VEGETABLES:

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DAIRY:

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MEAT, EGGS & OTHER PROTEINS:

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GRAINS & CEREALS:

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FROZEN FOODS:

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OTHER:

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Thank you to USDA ChooseMyPlate.gov for all the great ideas!