

Healthier Eating on a Budget:

A big problem about eating healthy for many people is they think it is too expensive. However by following some simple tips you can learn to save money and eat healthy. Check around your kitchen to see what foods you already have and start planning meals for the week. Try to plan meals that you are able to double or triple in order to have more meals throughout the week without having to cook again. Once you have your meals planned for the week and know what foods are in your house, you can make a list of ingredients based on your planned meals. Another great way to help save money is to look for different sales or coupons for the store. Don't forget to try the local farmers markets too!

There are also a few things to remember once you are at the store to help you save money. Remember to NEVER shop while you're hungry, stick to the perimeter of the store, and stick to what you have written on your list made from your budget. This allows you to stay away from snack foods and other unhealthy choices. While shopping look for better prices on different brands of the same products or buy store brands as they are usually cheaper. When buying perishable foods check the expiration and sell by date to get products that last the longest. When shopping for fruits and vegetables look for what is in season or visit your local farmers market because they will be fresher and cheaper. Some foods are in season all year round and are usually cheaper. For a cheaper source of protein try beans, for fruits try apples or bananas, and for vegetables try carrots, greens, or potatoes.

A good way to have meals prepared in advance is to use your day off or a day when you have some free time and spend it preparing favorite meals that you have doubled or tripled. After meals are fixed divide them up into individual containers and freeze them to have premade meals for throughout the week. Remember not to throw away food unless it is necessary. When you throw away food you are throwing away your money! A great website to visit for good and healthy recipes is recipefinder.nal.usda.gov

Reasons to Visit Farmers Markets:

There are quite a few reasons to visit the local farmers market. For starters you will have access to fresh locally grown foods. Farmers markets sell fruits and vegetables when they are at the peak of their growing season. Another great benefit of shopping at a local farmers market is you know the food was grown on a farm near you and not out of the country. Plus buying from local farmers helps support them and your money stays closer to your neighborhood. A good way to stay healthy is to put many different colored fruits and vegetables onto your plate. A great thing about the farmers market is that you actually get to talk to the people that grew the food, they can tell you where it is coming from and even introduce you to new foods and tell you some different ways to prepare them. Besides being fresh, healthy, and locally grown, it is also usually cheaper than at a store!