



Share the Wellness Tip

March 29, 2013



Better Nutrition for Less Dough

Eating a healthy diet is the key to good nutrition, which affects your family's health and well-being. But as gas, housing, and child care costs rise, buying nutritious foods can become more difficult.

These suggestions can help you stretch your food dollar:

- Shop around. Compare similar products by reading the unit price and nutrition facts label.
- Buy fruit and vegetables when they're in season.
- Don't shop for groceries when you're hungry. You're more likely to buy junk food, which is expensive and unhealthy
- Make a list and stick to it. Stay out of the aisles that don't contain items on your list.
- Buy store brands if cheaper.
- Purchase some items in bulk or as family packs which usually cost less.
- Pre-cut fruits and vegetable, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more than those that require a bit more prep time.
- Good low-cost items available all year include: Protein – beans (garbanzo, black, cannellini); vegetables - carrots, greens, potatoes; fruit – apples, bananas.



© Ron Leichman * www.ClipartOf.com/440428

Sources: ChooseMyPlate.gov; LetsMove.gov