

Unhealthy Economy, Healthy Eating

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Tips for Healthy Eating on a Budget

The economic downturn has led many consumers to tighten their grocery budget. Cutting spending doesn't have to mean cutting healthy foods from our diets. Try some of the [following ideas](#) to keep healthy foods in your cart.

- Plan your meals for the week, make a list, determine your budget, and stick to it.
- Take inventory of your pantry so you don't spend on unnecessary items.
- Read the store ads to find where produce and essentials are on sale.
- Frozen fruits and vegetables are a great alternative when fresh is out of season.

Seasonal Fruits and Vegetables Save \$\$\$

* **Autumn**—pumpkins, squash, apples

* **Winter**—oranges, grapefruit, apples, grapes

* **Spring**—strawberries

* **Summer**—melon, corn, tomatoes, peaches

* The farmer's market is a great source for seasonal produce



- Save money on meat by eating vegetarian 2 or 3 nights a week.
- Stock your cupboards with good for you staples like canned tomatoes, brown rice, and beans.
- Buy the store brand. These products are often made by the same manufacturers as the name brands.
- When using canned vegetables rinse them to remove excess sodium.
- Hot cereals have a long shelf life and are just a few cents per serving.
- Whole grains such as barley are a tasty filler for soups or as a side dish.
- Cook extra at dinner and take the leftovers for lunch the next day.
- Pack healthy snacks to avoid the vending machines and save some cash.
- Buy in bulk (using the bins or splitting large purchases with friends and family).
- Never shop on an empty stomach.

Web Resources for More Money Saving Ideas

- [The Ohio State University Medical Center](#)
- [University of Pittsburg Medical Center](#)
- [Eat Right.org](#)

