

HealthReach Community Health Centers

March 2019

Tips for Healthy Eating on a Budget

Because March is National Nutrition Month....

Here are some tips to save more at the store while eating healthy.

- ◆ Eat before you shop to avoid unhealthy choices and impulse buying.
- ◆ Read sales fliers.
- ◆ Look up and down for savings because priciest items tend to be stocked at eye level.
- ◆ Join store loyalty programs for extra discounts.
- ◆ Grab from the back for freshest items.
- ◆ Ask for a rain check if a sale item has run out.
- ◆ Use coupons and look for bargains.
- ◆ Think outside the store! Check out farmers markets and farm stands.
- ◆ Check for store brands. They often cost less.



Need suggestions for a
balanced diet? Check out
www.MyPlate.gov/

Resources: <https://www.choosemyplate.gov/budget-save-more>
<https://www.choosemyplate.gov/MyPlate>
<https://www.choosemyplate.gov/budget-price-tag>
<https://www.choosemyplate.gov/budget>

Developed by VISTA member Emily Kovalesky serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill VISTA Partnership from the Corporation for National and Community Service.