

# Eating Better on a Budget



## STRETCH YOUR FUNDS & FILL

## YOUR CART WITH NUTRIENTS

Making nutritious choices does not have to hurt your wallet. Getting enough vegetables and fruits can reduce your risk of certain diseases. There are many low-cost ways to meet your nutritional needs.

- **CELEBRATE THE SEASON**

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and tend to be less expensive. Your local farmer's market is a great source of seasonal food. Go to page \_\_\_ to learn what's in season in Central Oregon.

- **WHY PAY FULL PRICE?**

Check local newspapers and online sales for coupons

- **KEEP IT SIMPLE**

Buy vegetables and fruits in their simplistic form. Pre-cut, washed, ready-to-eat, processed foods are convenient, but often cost much more than when purchased in their basic forms.

- **FRESH IS BEST**

But canned and frozen vegetables are also very nutritious and usually much more affordable. Choose canned and frozen vegetables without added sodium, sauces, or flavorings.

- **BUY IN BULK**

Fresh produce that you use often. Be mindful of food waste. Freeze items properly when able to.

- **PLAN AHEAD, COOK SMART**

Make surplus when you're able to. Make enough servings to eat multiple times during the week. Or freeze soups, stews, or other dishes in advance. This can save time and money.

- **STICK TO YOUR LIST**

Plan ahead, have a list to go to the grocery store with.

