EAT HEALTHY ON A TIGHT BUDGET!

Even though home-cooked meals are the best option to stay on budget, the amount of money you spend in grocery stores can add up. Here are some tips to eat healthy on a tight budget.

**Shop Smart**
Create a meal plan and grocery list ahead of time and go to stores when full. Shopping when hungry can increase unnecessary food purchases. Keep an eye out for coupons and discounts.

**Proteins**
Try less expensive cuts of meats such as chicken thighs. Wash, cut up, portion into several containers and freeze. Thawing and refreezing reduces meat quality. Keep shelf-stable proteins like canned beans, tuna and nuts.

**Canned and Frozen**
Frozen fruits and vegetables can last for months or years. Canned goods are shelf stable, meaning that they can be stored without being refrigerated. Be sure to drain excess water and wash off produce to reduce sugar and salt content.

For further resources
Applications for recipes: Platejoy, SuperCook, Yummly
Websites for recipes: tasty.com, allrecipes.com, cookpad.com

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