

# KEYS TO BETTER HEALTH™

## Building Budget-Friendly Meals

In a recent study, 62% of people surveyed stated that they do not eat as healthy as they would like because they feel that healthy foods are too expensive<sup>1</sup>. The good news is, healthy eating does not have to break the bank! Below are some strategies that will help you build nutritious and budget-friendly meals for you and your family.

### 1. Have a game plan.

Before you go grocery shopping, check out your supermarket's weekly ad. Take some time to plan out your meals for the week, keeping in mind what items will be on sale. Before heading out of the house, take inventory of what you already have in your fridge and pantry, and make a detailed list of what you need to help stay on budget and avoid impulse buys.



### 2. Try frozen and canned produce.

Canned or frozen fruits and vegetables are just as nutritious as their fresh counterparts, last longer, and are usually much less expensive. When possible, choose options without added sugars, salts, or sauces. Using canned and frozen produce can also help cut down on food waste, which helps reduce the amount you spend on groceries over time.

### 3. Choose proteins wisely.

Protein items can often be expensive to purchase. Budget-friendly proteins include beans, eggs, and canned fish

such as tuna. Canned beans are an easy, inexpensive way to add protein to your meal. Rinse and drain them to cut down on sodium, or buy low sodium varieties. You can also stock up on meats when they are on sale, or buy family packs that are lower in price, then freeze immediately or cook and freeze.

### 4. Repurpose leftovers.

Reheat last night's dinner for a quick and delicious lunch! If you prefer not to eat the same meal again, look for ways to repurpose your leftovers. For example, combine extra chicken and rice with some frozen veggies and broth to make a hearty soup. Or use leftover spaghetti sauce and meatballs to make meatball subs. An end of the week "Leftover Night" can also be a great way to clean out the fridge while saving time and money!

Keys to Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags

Resources:

1. Survey: Cost and Motivation Remain Barriers to Healthy Eating. Institute of Food Technologists website. <http://www.ift.org/food-technology/daily-news/2013/july/02/survey-cost-and-motivation-remain-barriers-to-healthy-eating.aspx>. Updated July 2, 2013. Accessed January 10, 2017.



*Disclaimer: This information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.*