



Did You Know there's no need to sacrifice nutrition or taste when eating on a budget? It all comes down to good planning. Think ahead, check for specials, curb your impulse purchases, employ smart strategies and you'll be surprised by how much you can save.

When it comes to main meals, think beyond the meat group. Great low-cost protein choices include kidney beans, split peas and lentils. Add a can of white cannellini beans to pasta and your favorite sauce. Make hearty soups with beans and peas and just a small bit of meat for flavor. Serve half a portion of meat with a side of beans and rice for a complete protein-rich meal.



To lower the overall cost of meat and poultry, buy the family-sized or value pack and freeze what you don't use.

Think seafood is too expensive? Think again! Canned tuna, salmon and sardines are a great low-cost source of protein to have on-hand for sandwiches, salads or recipes.

As for fruits and vegetables, remember that fresh, frozen and canned all count toward your five daily servings. Buy only as much fresh produce as you know you'll use in the next few days. Wilted greens are a waste of money!

Here are more ways to stretch your dollar:

- Eat before you shop. Grocery shopping hungry can lead to impulse buying.
- Read the sales flyer. Sales flyers are usually released mid-week and can be found at the store's entrance, in the newspaper, or on their website.
- Use coupons – but only for items that you know you'll use. If you don't need an item right away, save the coupon and see if it goes on sale later.

For more helpful tips, see:

Healthy Eating on a Budget: Shop Smart to Fill Your Cart

<http://www.choosemyplate.gov/budget/tips.html>