

---

# FOOD BUDGET

---

## 4 Steps to Lower Your Food Budget

---

### Step 1: Buy on Sale

---

When fruits and veggies are in season, they're cheaper and taste better. Stock up on your favorite frozen fruits and vegetables when they go on sale, as long as you have room in your freezer!

### Step 2: Buy Less Processed Food

---

Real food ingredients cost less. We're talking about whole foods, those found around the perimeter of the supermarket (fruits, vegetables, lean meats, low fat dairy products).

### Step 3: Buy Only What You Need

---

It's not a good deal if you end up throwing it away. Wasting food = wasting money. Ask yourself, will I use this this week or next week? Or is it a staple that I use all the time? If not you might be buying something that ends up in the trash.



### Step 4: Skip the "Royalties"

Chips, candy, soda, crackers, and other highly processed foods increase your grocery bill without adding any health benefits. These items are usually high in calories and low in nutrients. Plus these items are usually not needed to serve a real meal like breakfast, lunch, or dinner so they are adding a cost to your grocery basket without making any meals!

Think of these items like "royalties" because they add a royal cost to your shopping trip without adding any benefit to your meal plan.

The question to ask yourself is how will I use this for breakfast, lunch, or dinner? If you are not using a food item to make a meal consider leaving it on the shelf!

These four tips should help you buy healthier food at a lower cost each week. Hope you like them!