



Wallet Friendly Tips

For

Healthy & Nutritious Eating



Eating healthy and nutritious food is important for maintaining good health, avoiding chronic disease, and just feeling better!

And, a healthy diet can be affordable!

Here are some tips for stretching your food dollar for healthy eating

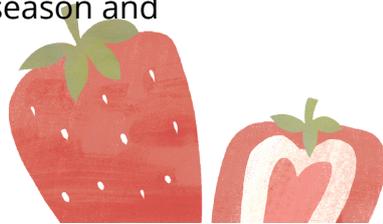
Plan. Planning is key to including healthy foods in your family's diet while sticking to your budget.

- Before you go shopping for the week, think about the meals you want to prepare and plan your store purchases around these meals.
 - Try to use common items in multiple dishes throughout the week. Buying nutritious food in bulk can help save money in your weekly budget.
 - Avoid impulse purchases that may be expensive.
 - See what food you already have and only purchase food you may be missing (this also reduces wasting food!).
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Make Healthy Food Choices. Good news - many healthy foods cost less than processed foods! This helps your health *and* your wallet!

- Add beans or lentils - they provide many benefits including protein, fiber, and nutrients, Bean-based meals cost less than meat. One pot bean dinners such as vegetarian chili are easy to make, taste great and are family favorites!
 - Consider avoiding processed foods (which have additives like preservatives, salt, sugars and fats) like soda, chips, and cookies - they are usually more expensive (and much less healthy) than non-processed items (foods in their natural state are more nutrient-dense). Try replacing soda with water with a slice of lemon. Raw vegetables such as carrots and celery are healthy replacements for salty snacks and are less expensive.
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Become Pricing Smart. This will help you spot opportunities to save.

- Look at the "Unit Price" posted on the shelf below the food item, it will tell you what you are really paying for an item. Compare the unit price of different brands - often there is a less expensive option.
 - Look for ways to get more for your money - a larger jar or can of food may cost more, but you may be paying less per volume by buying the larger size.
 - Become aware of food prices so you can spot a good value when you see it. Look for weekly specials of healthy food choices and plan your weekly meals around that item.
 - The price of fresh fruits and vegetables drops when they are in season and this is when they taste the best.
 - Look for manufacturers or store coupons!
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Wallet Friendly Tips For Healthy & Nutritious Eating



Stock Up and Save. You can save money by buying in bulk, even when purchasing healthy perishable foods.

- Foods like rice, beans, or frozen vegetables can be bought in bulk because they last a long time. Consider buying extra amounts when they are on sale if you have room at home to store them.
- Fresh fruits and vegetables can be purchased when they are in season locally and cost the least. Then, they can be frozen for use during the fall and winter. This is a great, cost-effective way to work more fruits and vegetables into your meals. Frozen vegetables and fruits can have as much nutritional value as fresh produce.



Grow Your Own. You can increase access to healthy foods at a lower cost by growing your own vegetables. It's easier than you think! Vegetables can be grown in small plots in your yard and even in containers on a porch. Many herbs and some vegetables can be grown right in your own kitchen with minimal light.

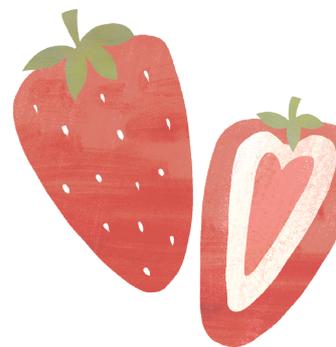


- Seeds and starter plants are inexpensive. You can produce so many great tasting vegetables with a few seeds / starter plants in a small area! Seeds can often be purchased with SNAP dollars.
- If you have not grown vegetables before, cherry tomatoes and lettuce are good vegetables to start with. They are easy to grow, highly nutritional and taste great.



SNAP (Supplemental Nutrition Assistance Program) Eligibility (formerly food stamps):

- The State of Connecticut has expanded its SNAP eligibility to families to include more families than ever.
- Any family making up to / equal to 200% of the current Federal Poverty Level is eligible to receive SNAP benefits. Check your eligibility here: <https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP/Eligibility>
- SNAP benefits are a great way to expand your food budget.



Food Resources in your Community to Expand your Food Budget:

- The City of Middletown has many resources to help families stretch their food dollars and more to come. Resources are available here: <https://www.middletownct.gov/1160/Assistance-with-Food>



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