

HEALTHY ON A BUDGET

smart ways to save money



Eating on a budget doesn't mean you have to sacrifice nutrition. With a little know-how and planning, you can enjoy nutritious foods without breaking the bank. Taking the time to plan your meals and make a shopping list are two simple steps that can make a big difference in savings. Being prepared before you get to the store ensures that you only buy what you need. Here are some other tips on how to get the most out of your money and eat well in the process.

Try *Cheaper* Cuts of Meat

Meat can be expensive, but many cuts cost much less. Consider chuck steak, pork top sirloin steak, chicken thighs, whole chicken, or ground meat. They're great in soups, stews, burritos, casseroles, and stir-fries. These types of recipes usually make big meals and lots of leftovers. A slow cooker is also a great way to cook up budget-friendly meats.



Work in Non-Meat *Proteins*

Cook less meat in general by adding meatless meals to your weekly menu. Cut back on meat by using beans as a filler when making tacos and meatloaf, or give meat a smaller role in dishes like stir-fry. Learn to love eggs! Omelets, scrambled, poached... eggs are a great source of protein and more cost-effective than meat.



Shop for *Deals*

If you have the space to store items properly, stock up on staples and favourites when they're on sale. Skip paying for pretty packaging and opt for generic brands, which are often of the same quality as more expensive national brands. When it comes to fresh food, don't shy away from *ugly* produce, which tends to be cheaper and is just as nutritious.



Work *Leftovers* into Your Menu

Going out for lunch every day can be a bad habit for your health and your wallet. When cooking dinner, make extra and have leftovers for lunch. Leftovers can also be frozen for a backup meal on a busy night. Make cooking with leftovers part of your weekly routine and designate one night for using up ingredients that are nearing their expiry dates.



Use Your *Freezer*

Freeze foods that you'd otherwise toss. Clean the soft spot off a pepper, dice it, and freeze for adding to eggs, chili, and pasta sauce. Slice and freeze over-ripe bananas for smoothies. If you have the space, a chest freezer can be a smart investment. Buy more of what you use when it's on sale and stash it in the freezer.



Learn to *DIY*

If you can carve out the time, doing it yourself can save you a lot. Bulk-buy produce and give canning a try. Make your own sauces, dressings, and seasoning blends. Plant a vegetable or herb garden. Repurpose food scraps by freezing bread ends to make bread crumbs or stuffing, and vegetable scraps and trimmings for a DIY stock.



Sources: www.healthline.com/nutrition/19-ways-to-eat-healthy-on-a-budget#10.-Buy-cheaper-cuts-of-meat | Images by Freepik & Unsplash