

# Go Green and Save Some Green!



## ..... How to Eat Healthier for Less Money

- Grocery List** Make one! You will be less tempted to add things to your shopping cart –and grocery bill –that you do not need.
- One Dish Dinners** One dish dinners save time and money. Choose a grain, like pasta, rice, or couscous. Toss with a source of protein like tuna or chicken or lean ground beef or cooked beans. Then add some veggies –fresh, canned or frozen. Add herbs and spices for flavor.
- Raw Ingredients** These cost less than processed foods. They are also usually healthier. For example, a bag of whole grain rice mixed with white rice and your own seasonings is cheaper and healthier than a box of flavored rice.
- Stay Stocked** Stock it with the basics. Then you will be less likely to eat out. That will save you money on both food and gas.
- In-Season Produce** Buy when they are less expensive and more flavorful. These are brought to you when ripe and often locally harvested, offering you both cost savings and more nutrition.
- Sold by the Bag** Bagged produce like apples and onions, are often cheaper than buying single pieces.
- Plan Ahead** If you pack meals on the go, you will save money otherwise spent on fast food and quick food stops. This can also help you make healthier snacks.
- Store Brands** They are often much cheaper than name brands.

