



## EATING BETTER ON A BUDGET

If you've been using cost as an excuse to eat junk, you can kiss that excuse goodbye!

With a little organization and creativity you can save money and still eat healthy foods. Here's how...

### COMPARISON SHOP

Especially for your pantry staples. Check out different stores and different brands. Look online or at in store flyers for the best deals.

**TAKE ADVANTAGE of SALES** but only for products that are healthful and packaged in useful quantities.

### AVOID IMPULSE BUYING

Use a shopping list and don't shop when you are hungry.

**LIMIT** your intake of expensive sugary snack and junk convenience foods.

### AVOID VENDING MACHINES

Nutrition snacks and juices are less expensive at grocery stores.

### LOOK HIGH and LOW – LITERALLY.

Stores deliberately place the highest- priced brand named items at eye level. You can even try your own taste tests to see where you can save money without sacrificing flavor.

**Set aside** regular blocks of time for **planning your meals**, making your **shopping list**, and shopping - think about what you will eat for breakfast, lunch and snacks as well as the evening family meal. The time you invest in **planning** will pay off in savings and your health.



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