

Eat healthy & SAVE ON GROCERIES

Many people assume that healthy food, such as fresh fruit, costs more than processed and less nutritious foods like crackers and cookies. Although the best foods aren't always the cheapest, healthy foods are worth the money spent. A healthy diet can help you feel better physically and mentally, which could mean fewer doctor visits and a better quality of life.

If you'd like to eat healthier but are afraid it will hurt your budget, try these tips to get the most bang for your buck at the supermarket.



Plan your meals

Once or twice a week, sit down and write out the recipes you'd like to cook for the next few days. Write down the ingredients and shop for only those items. You'll be less likely to resort to takeout because you have "nothing to eat" and you can avoid unneeded purchases.



Buy what's in season

There's a reason strawberries cost more in the winter months. They become harder to grow, and they must be shipped to your store from greater distances. Instead of trying to eat "summer" foods year-round, find out what's freshest during each season. Citrus fruits and pears, for instance, are often best during the colder months.



Start a garden

You don't need a huge yard to take advantage of growing your own food. Even a few small pots on a back deck or porch can allow you to grow some of your favorite fruits or vegetables. They'll be fresh and delicious when you harvest them, and you won't have to buy them.



Stock up

Canned goods, packaged cereals and other nonperishable items can be bought in larger quantities when on sale and stored. If you're not a fan of clipping coupons, try buying them in bulk when possible.



Don't overlook store brands

Buying canned and frozen items of the generic or store brand could save you a few dollars each time you visit the grocery store. Also, consider store brand bread, pasta, juice and other items. You probably won't taste the difference.



Don't shop while hungry

Some studies suggest that shopping while hungry could lead you to purchase more food than you need. Uneaten food, even the healthy kind, is money wasted.