Healthy Eating on a Budget

For many families, it can be difficult to provide healthy meals while staying on budget. Healthy foods can cost more, making it a challenge to purchase a variety of healthy choices. There are several ways to make healthy eating more economical for your family.

**Compare Prices and Search for Sales**
Use sales or coupons when possible. Compare items to determine the best deal.

**Choose Wisely**
Some foods are always less expensive. Buy produce in season and look for the best deals.

**Buy in Bulk**
For non-perishable or foods that you can freeze, buy large quantities and store the extras.

**Use Your Leftovers**
Serve your leftovers for other meals, or combine ingredients to make a new meal.

**Plan Your Meals**
Plan your meals for the week before going shopping. See what you already have, and make a list of what you need to buy.


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**Food Chart**

What You Need:
- Chart
- Stickers or markers

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What To Do:
- Over the weekend, create a chart to keep track of the different kinds of foods your child eats
- For every serving of each food group your child eats, invite him or her to mark the chart
  - For example, if your child eats an apple, mark one serving of fruit
- At the end of the day, review the chart with your child and talk about the different food groups

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