

Healthy Eating on a Budget

Eat before you go to the grocery store

Look for sales and use coupons

Seek out student discount days

Look for off brand or store brand items

Grab from the back to increase shelf life of your product

Farmers markets can be a cheaper option for in season produce

Get creative with your leftovers and use them in new ways

Opt for frozen or canned produce

Buy in bulk if possible

Prepare big batches and freeze leftovers

HERE
FOR
YOU

