



HEALTHY BUDGET FRIENDLY OPTIONS

BUY THINGS WHEN ON SALE

If tech savvy you can use apps or websites to help find foods on sale. Or you can just read the paper for advertised deals. Also clip coupons

BUY IN BULK & STORE IT

Especially when certain foods like berries are on sale, buy in bulk then freeze it. Beans, pasta, flours and grains are typically cheaper in bulk all year round.

PLAN MEALS IN ADVANCE

When you plan in advance you can budget better, find deals, and buy in bulk which also saves money.

DO IT YOURSELF

Having your own garden or making your own sauces, soups, breads, cereal, etc can really help save.

AVOID PROCESSED FOODS

By forgoing processed foods & snack items you can use that extra money to save or spend on healthy items that are more expensive. It's like a trade-off. Also, drink only water. It's healthier AND free so you save a lot this way.

Budget friendly foods >



Legumes, lentil, peas



Oats



Rice



Potatoes



Other grains



Pasta



In season fruit



In season veggies