

# EATING HEALTHY ON A BUDGET

Eating healthy doesn't have to break the bank. With a little bit of planning and the right tools, you can up your grocery game without increasing your bill.



*Educational content provided by  
UGA Extension in Thomas County.*

## EAT BETTER. LIVE BETTER.

Wellness Wednesday

# TIPS TO EATING HEALTHY ON A BUDGET

## TIP 1:

### PLAN AHEAD

Planning ahead means saving money with coupons and sales, planning to have enough leftover foods at home, and planning to make healthier choices.

## TIP 2:

### COMPARE SIMILAR FOODS

The generic or store versions of most food products are usually cheaper than the big brand names and usually taste the same and have the same nutritional values.

## TIP 3:

### BUDGET FOR THE WHOLE MONTH

Plan out how much you want to spend on food for the whole month and divide that number by how many times you will go to the store. When you know how much you can spend per trip to the store, it will help you make a grocery list that doesn't put you over budget for the month.

## TIP 4:

### BUY FRUITS & VEGETABLES

Buy in low quantities when they are in season or on sale. Canned and frozen produce can be healthy and economical alternatives.

This message is brought to you by Live Better and our partner Southern Regional Technical College.



*Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County.*