



## A Healthier You: Money Saving Tips

A conscious approach to food purchases adds up to good nutrition and financial well-being.

### Before Going to the Store

- Eat something healthy to cut down on costly impulse buys.
- Make a list of meal ideas for the week. Then, restrict your shopping to that list.
- Review store ads, clip coupons and organize them at home.

### At the Grocery Store

- Sign up for your store's bonus/discount card for savings.
- Compare ingredients on less expensive store brands versus your favorites.
- Look for the unit price to compare items.

- Stock up when items are on sale or cheaper in certain seasons.
- Use your food budget wisely. Assess the value of what you may spend on your favorite snack foods versus how many servings of your favorite fruits and vegetables that same amount might buy.

### For Later at Home

- Assemble healthy snacks in small portions rather than buying less healthy and more expensive prepackaged and processed snacks.
- Do "batch cooking" when time allows. Cook large quantities of dinner favorite sauces and meals, divide into family-size portions, and freeze them for later use.

*Adapted from the U.S. Department of Health and Human Services*



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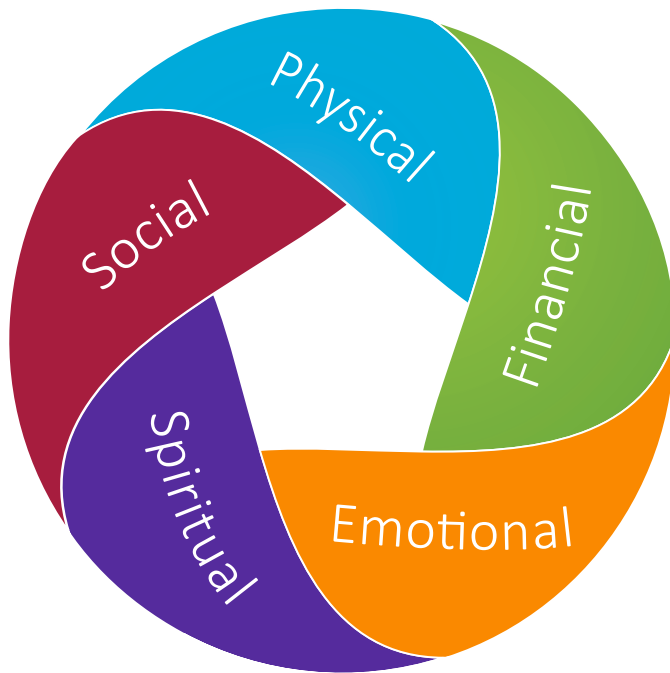
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CONNECTING ELEMENTS OF WELL-BEING



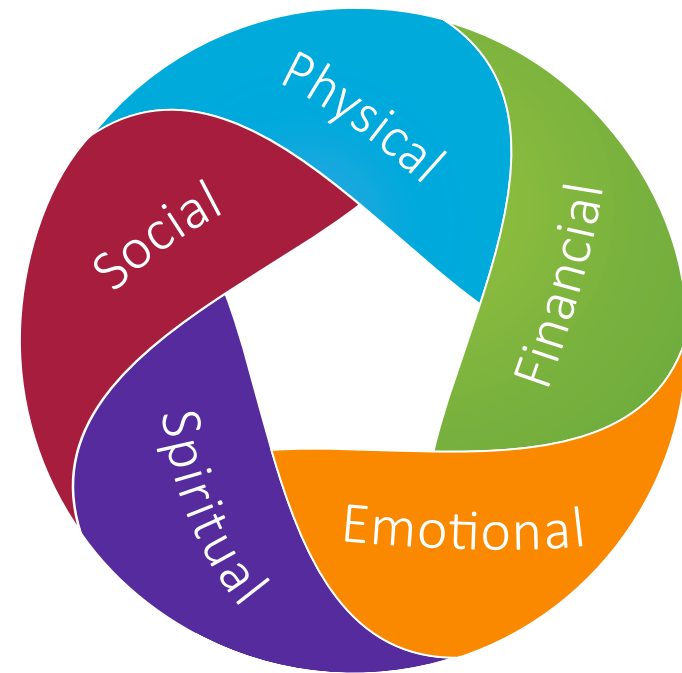
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