3 STEPS FOR EATING HEALTHY ON A BUDGET

Eating healthy can be tough on its own, but budget and time constraints can make it even harder. However, incorporating a few simple strategies can help you get the positive nutrition you need with your available resources.[1]

PLAN

Planning out meals & snacks each week can help save both time and money at the store.

Select recipes that maximize ingredients you currently have (prevents food waste) and/or incorporate overlapping ingredients (allows bulk buying).

Make a strategic shopping list with ingredients (and amounts) needed to minimize over-purchasing and impulse buying.

SHOP

Sign up for store discount / reward programs and check sales / coupons to pick where to shop for more expensive items.

Focus on nutritious, low-cost foods: grains (oats, brown rice), legumes (beans, peas), eggs, peanut butter, canned seafood, sweet potatoes.

Shop in season produce, which is usually easier to get & less expensive. During the off season, canned fruits & vegetables (no added sugar / salt) are also cost-effective options.

PREPARE

Foods prepared at home are usually healthier and less expensive than eating out.

Make large batch recipes to save both money (bulk purchasing) & time (food prep).

Make & portion out your own healthy snacks to avoid paying more for individual pre-packaged items or overeating from larger servings.

References:

1. U.S. Department of Agriculture. Nutrition on a Budget. Nutrition.gov. Accessed Nov 6, 2026. https://www.nutrition.gov/topics/food-security-and-access/nutrition-budget

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