



7 Tips for Eating Healthy on a Budget

Swapping high-cost food items for healthier, delicious options that are easy on your wallet is simpler than it may seem. Check out these seven tips to eat well without breaking the bank:

1. **Grow your own herbs.** If you have a windowsill at home, you have space for a 365-day-a-year herb garden. Start growing basil, dill, parsley, and chives right at home.
2. **Prepare plant-based protein.** Beans, tofu, and grains such as quinoa, millet, and farro cost less than animal-based proteins. With so many great vegan recipes, you can't go wrong!
3. **No name brand, no problem.** Wholesome, nutritious food products with an off-brand label are often prepared with the same ingredients as their more-expensive counterparts.
4. **Buy in-season.** The best-priced fruits and vegetables are local and in season. Find out what's in season and you'll add savings to your wallet.
5. **For veggies, frozen is fine.** Most veggies found in the freezer section are flash frozen at harvest time. They have the same nutritional quality, usually at a lower price.
6. **Look for markdowns.** You can find quality products at a discount when they're nearing their "sell by" dates. Consider buying with quantity in mind and freeze for later.
7. **Plan ahead.** If you enter the grocery store unprepared and hungry, you're much more likely to impulse-buy and overspend. Better to show up with a list and without hunger pangs.



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