

Money-Saving Tips

You and your family can cook healthy meals, even on a tight budget. Here are some tips that can help.



Plan Ahead

- Think about what foods you already have in the house.
- Make a list of meals that you can make with those items.
- Make a list of other foods you still need to buy.
- Make your cooking plan for the week.
- Find coupons. Check food sale ads.
- Figure out where you will shop. This may vary depending on weekly specials.

Be a Smart Shopper

- Buy what is on your list. You are more likely to buy too much or buy things that you do not need when you do not use a list.
- Buy only the amount of food your family can use, even if a larger size costs less.
- Buy fruit and vegetables that are in season.
- Shop alone when possible. Family members or friends may try to get you to buy items you do not need.
- Do not shop when you are hungry. You may buy things you do not need.
- Watch for errors at the cash register. Sometimes sale items do not ring up on sale.
- Look for cheaper store brands. They usually are just as nutritious as more expensive name brands.

What Can \$20 Buy?

Healthy foods do not have to be expensive! Compare these two shopping lists. The list on the left is the smart choice. It has healthier foods and better buys.

With this list you get more things and eat heart healthy

5 bananas	\$1.60
½ pound (0.23 kg) grapes	\$3.99
3 red apples	\$2.64
1 pound (0.45 kg) bag carrots	\$1.69
2 cucumbers	\$2.18
1 pound chicken	\$4.99
3 3-ounce containers low-fat yogurt	\$1.64
1 gallon spring water	\$1.00
Total Cost*	\$19.73

With this list you do not get as many things or eat heart healthy

1 large bag (10 oz.) potato chips	\$2.89
2 liter bottle cola	\$1.79
1 small (3.25 oz.) bag beef jerky	\$6.49
12 3-ounce packages noodle soup	\$1.98
1 package hot dogs	\$4.79
Hot dog buns	\$2.40
Total Cost**	\$20.34

* Costs based on prices in the metropolitan Washington, DC area.



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