

# How to Shop on a Budget



## 1 Shop Seasonal and Frozen

The best time to buy fresh produce is when the particular item is in season. You will save money and get the most nutritional value. Items that are not in season can be purchased frozen to save on cost and still get the same nutritional value since items are frozen at peak ripeness.

## 2 Avoid "Empty" Foods

Although processed food is convenient and inexpensive, it often provides little to no nutrients. Consider price per nutrient value as well. Foods that are nutrient dense will provide more nutrients and satiety. A potato might cost more than a bag of potato chips, but you would need multiple bag of chips to feel as full as the potato. It's healthier too!

## 3 Compare Brands

When choosing an item, check out all of your options. Labels can be misleading! Compare price per serving or oz and make sure the serving size is the same. Choose generic brands for almost identical products at lower prices.

## 4 Shop Smart

Buy staples in bulk when possible to save money in the long run, especially if it's on sale. You can also stock up on plant-based protein sources like beans, lentils, and nuts. These are often less expensive than animal meat. Bring your own bags or reuse old ones to save on bag charges.

Always pack a snack or a meal when you're on the run so you aren't tempted to eat out and spend more \$