



HEALTHY EATING

On a Budget



FOCUS ON WHOLE, UNPROCESSED FOODS SUCH AS FRUITS, VEGETABLES, LEGUMES AND GRAINS



BUY IN BULK TO SAVE MONEY ON STAPLES LIKE RICE, BEANS AND OATS



PLAN YOUR MEALS IN ADVANCE TO AVOID IMPULSE PURCHASES AND FOOD WASTE



SHOP FOR PRODUCE THAT IS IN SEASON AND ON SALE



COOK AT HOME TO SAVE MONEY AND KNOW EXACTLY WHAT GOES INTO YOUR MEALS