

Healthy eating on a budget: 101

1. Stick to your list. Only buy what is on your grocery list
2. Shop for sales. Check out flyers, coupons, mobile apps like flipp for deals on food that is on your list
3. Compare prices. Compare prices on generic and brand name products to see if there is a difference before choosing
4. Stock up. Stock up on canned goods and staples when they are on sale. Extend the shelf life of products by freezing items such as fish, vegetables, lean meats or poultry
5. Consider the season. Fresh vegetables and fruit are usually less expensive when they are in season
6. Set a budget. Decide how much you will spend on groceries each week or month