

HEALTHY EATING ON A BUDGET

Eating well to support academic, artistic, and athletic performance can be difficult – especially when you have a tight budget. Follow these quick tips to save money, time, and (most importantly) fuel your body to perform your best!

1. Plan your meals for the week
2. Know what's in your pantry/fridge before you shop
3. Check for ads, sales, and coupons
4. Buy in bulk
5. Pick produce wisely – Buy fresh produce when it's in season. Also consider buying frozen fruits and vegetables which are less expensive, yet rich in nutrients
6. Try other sources of protein – Swap meat for less expensive protein options such as legumes, beans, and grains
7. Prepare food at home – convenience items like pre-cut fruits/vegetables and take-out meals are more expensive
8. Cook once – eat all week! Cook a large batch of your favorite recipes and use for meals throughout the week
9. Replace soda and juice with water

Fill Your Grocery Cart for Less than \$8 a Day!

Item	Quantity	Price
Black beans	1 can	\$0.85
Eggs	12 count	\$2.49
Hummus	10 ounces	\$2.79
Ground turkey	1 pound	\$3.29
Chicken breast	20 ounces	\$4.99
Greek yogurt	5.3 ounces	\$1.19
Milk or non-dairy milk	1 gallon	\$2.89
Almonds	6 ounces	\$3.29
Peanut butter	16 ounces	\$2.89
Apples	3 apples	\$1.35
Oranges	3 oranges	\$1.50
Banana	4 bananas	\$0.96
Frozen berries	10 ounces	\$2.99
Lemon	1 lemon	\$0.69
Spinach	10 ounces	\$2.49
Tomato	3 tomatoes	\$1.14
Garlic	1 bulb	\$0.50
Onion	1 onion	\$0.40
Carrots	1 pound	\$1.49
Sweet potatoes	1 potato	\$1.31
Frozen broccoli	12 ounces	\$1.00
Avocado	1 avocado	\$0.99
Green beans	1 pound	\$1.45
Brown rice	16 ounces	\$0.85
Whole wheat spaghetti	16 ounces	\$1.39
Quinoa	16 ounces	\$2.99
Whole oats	18 ounces	\$1.79
TOTAL (meals for less than \$8 per day!)		\$49.95

For more information, go to choosemyplate.gov