Eat Well on a Budget

1. Shop in the bulk section or bulk stores

At health food stores shop the bulk section to buy dried grains, beans, nuts, seeds and fruit. It is much less expensive in bulk than already packaged. Plus you can try new things without having to purchase a large amount.

Membership clubs like Costco and BJ’s have a lot of healthy food. Avoid packaged snacks, most are addictive, unhealthy and a waste of your calories and money! At these stores you can stock up on fresh fruits, vegetables, salads, nuts, grains, olive oil, and spices.

2. Pack your lunch

When you take your own food to work, or when traveling, you will not have to spend money while out. If you’re used to ordering cheap junk food for lunch, you’ll pay for it later in health care costs and quality of life. That’s a hidden cost. On the other hand, taking your lunch of fresh fruits, veggies and legumes to work is going to save you money now and in the long run. You’ll be healthier, and thus more productive and happy in life.

Busy people should try preparing meals on their off day, to make taking meals and snacks more efficient.

3. Eat with the seasons

In the midst of Springtime we start to notice the prices of certain foods dropping. Mango, avocado, fennel, pineapple, carrots, spinach, watercress, and lots more. This is because these foods are in season. They’re in greater abundance, so the prices drop. You’ll find great prices on seasonal foods at your grocery store, and at the local farmer’s market.

4. Eat a balanced diet

When you eat a well balanced diet of whole unrefined foods, and free from junk, you will be more nourished and you won’t have to eat so much. Fruits, vegetables, legumes, nuts, seeds and grains are full of nutrition that supports every cell in your body. Most Americans are overfed and malnourished. When we eat a nutrient poor diet, the Standard American diet, we are constantly starving for nutrients and feeling hungry. We grab more nutrient void food to satisfy our hunger, but without proper nutrition that hunger never goes away. Plus it gets pretty expensive to buy all that food that doesn’t satisfy our hunger. It’s a vicious cycle that can only be broken with proper nutrition. Fresh vegetables and fruit will save you money!