

Eating Healthy on a Budget

Choose from the ideas below for ways to save money:

- Make a shopping list and only buy items that are on the list.
- Plan meals around foods that are on sale at the grocery store.
- Buy generic or store brands. They taste just as good as brand name items, and are less expensive.
- Buy fruits and vegetables that are in season. Or choose canned and frozen when out-of-season.
- Shop at the Farmers Market.
- Buy in bulk. Make sure, though, that you have enough room for storage, and that you will be able to consume the food before it spoils.
- Choose low-cost sources of protein. Such as dried beans, peanut butter, and eggs.
- Drink more water.

When you Need Help...

- WIC: <http://www.dhs.wisconsin.gov/wic/> offers nutritious foods, nutrition and breastfeeding education, and health and social referrals to WIC mothers and their children younger than 5 years of age.
- Supplemental Nutrition Assistance Program (SNAP) www.fns.usda.gov/snap is the federal government's food stamp program.
- 211: <http://www.impactinc.org/> Call 211 from your land line, or 773-0211 from your cell phone to be referred to a food pantry near you.
- SHARE is a nonprofit, volunteer-run food buying club that helps families save 30-50% on supermarket quality food. Visit <http://www.sharewi.org/> to learn more.
- WNEP: a UW-Extension nutrition education program that helps limited resource families and individual choose healthful diets and be physically active; handle food safely to avoid food-borne illness; become more food secure by planning how to spend their food dollars, planning meals, and using thrifty food shopping practices. Visit <http://milwaukee.uwex.edu> for more information.

Sources for the above information come from:

- Sesame Street "Food for Thought: Eating Well on a Budget," sesamestreet.org/food
- Milwaukee County WIC
- WI Dept of Health Services, Div of Public Health