Healthy Eating on a Budget

Cook from scratch



Cooking your own meals is healthier and more affordable.

Meals made with whole foods at home cost less than buying pre-made options.

Shop your kitchen



Look for items you already have on hand.

Check your refrigerator and pantry before going to the grocery store. *Examples: eggs, frozen vegetables, beans, and pasta.*

Seasonal produce



Choose seasonal fruits and vegetables.

Fruits and vegetables that are in season are often fresher and more affordable. If you use SNAP, some farmers markets offer "Double Up Food Bucks" for fresh produce.

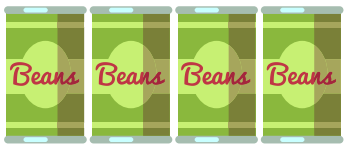
Visit doubleuptexas.org for locations and more details.

Write a grocery list



Writing a list and having a plan reduces impulse buys and ensures you use what you buy.

Shop in bulk



Purchase staples like spices, rice, beans, and oats in bulk.

Buying lean meats in bulk also saves money. Freeze what you do not use.

Use coupons



Download your favorite grocery store app to find coupons.

Many stores use coupons and run weekly specials.

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CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT