

Healthy Eating on a Budget

General Tips:

- Plan ahead – plan meals and snacks for the week and create a grocery list. Stick to the list, and stay out of the aisles that are not on the list.
- Look for unit per ounce label located in the price.

Understanding Unit Price:

- Unit price is written on a price tag
- It tells you how much an item cost per pound, ounce, gallon, etc.
- Based on the unit price, you can determine which item is a best buy!



Examples of Low-Cost Items Year Round:

Grains: brown rice, whole wheat bread, and oats



Protein: beans (garbanzo, black, kidney), eggs, and canned meat/fish



Fruits: apples, bananas, 100% orange juice



Vegetables: carrots, greens, and potatoes



Dairy: fat-free or low-fat (1%) milk



Eat More Fruits and Veggies!

- **Take a look at in-season fruits and vegetables** – they tend to be lower in cost
- **Frozen vegetables and fruits** without added sauces or butter are as good as fresh ones and can cost far less
- Purchasing some **items in bulk or as family packs** is usually cheaper, but always check the unit price

Instead of...

Try...



Pre washed mixed greens
\$3 for 5 oz
(Salad Mixes)



Fresh greens in a bunch
\$1.99 for 1 lb (16 oz)
(Spinach in a bunch)



Individual packaged instant brown rice
\$1.99 for 2 packs - 4.4 oz each



Store brand bag of dry brown rice
\$0.89 for 1 lb (16 oz)



Individual packaged apple slices in a bag
\$7.99 for 10 bags – 2 oz each



Apples in a bag
\$3.99 for 3 lbs



Trying to decide which item is cheaper with mental math

Understanding unit price to get the most out of your buck!

