

# NUTRITIOUS EATING ON A BUDGET

## 8 TIPS TO SHOP SMARTER WITHOUT STRETCHING YOUR WALLET

### PLAN AHEAD

Planning your meals in advance helps streamline your purchases and ensures that the food and beverages you buy don't go to waste.

### WRITE IT DOWN!

Translate your weekly meal plan into a shopping list and don't stray from it. This will help you stay on budget.

### REUSE ingredients through the week

Select recipes that make use of similar ingredients to help reduce the size of your shopping list and eliminate waste from half-used ingredients.

### BUY IN BULK when it makes sense

Purchasing bulk quantities of foods you buy often and choosing family-sized servings of favorite frozen prepared meals can save you valuable dollars.

### BUY IN SEASON

When balancing your plate with fresh produce, choose what's in season. Seasonal produce is fresher and usually less expensive.

### STOCK UP on frozen produce

Frozen fruits and vegetables are picked at the peak of freshness to lock in flavor and nutrients. New research shows that some frozen fruits and vegetables may have higher levels of certain vitamins and antioxidants compared to their fresh counterparts.

### Be SMART with LEFTOVERS

Take leftovers for lunch. It's easiest to pack lunches after dinner for the next day, so you're ready to go in the morning.

### SAVE YOUR DOUGH Chop yourself!

Every dollar counts when you're on a budget, so grab your chef's knife and cutting board and avoid the upcharges you can spend for pre-cut produce.

### Add Nutrition & Flavor with Pumpkin!

Canned pumpkin is a good source of fiber and an excellent source of Vitamin A per serving, and can be added to a variety of recipes to contribute extra flavor, while cutting down on fat and sodium. All for minimal cost!

A few simple ways you can power up on pumpkin below:

- Pasta sauce + pumpkin
- Mashed potatoes + pumpkin
- Hummus + pumpkin
- Brown rice + pumpkin

Get more ideas at [verybestbaking.com/Libbys](http://verybestbaking.com/Libbys)

