

Try these budget-friendly tips to get healthy meals on the table without breaking the bank:

Plan Ahead. Planning is key when it comes to sticking to your food budget. Set aside time each week to plan menus and fine-tune your grocery list to get the most for your money.

Choose simple recipes. Recipes with fewer ingredients can help reduce your grocery bill. Look for simple recipes that don't require hard-to-find or expensive ingredients.

Stick with staples. Steer clear of processed, convenience foods and stick to basic ingredients to keep costs lower.

Cook in large batches. Large batches of soups, stews, and casseroles can be pre-portioned into individual servings and frozen for later use.

Make substitutions. Be flexible with your menus and make cost-saving substitutions as needed. If you originally planned for green beans but broccoli is on sale, make a quick substitution.

Maximize leftovers. Leftovers can easily become second or third meals to help cut down on food expenses. Have leftovers for lunch, or designate a "salad night" each week to use up remaining ingredients.

Use grocery delivery services. If you are prone to impulse purchases at the supermarket or have trouble sticking to your list, grocery delivery services may be a good option. While you will pay a little more for delivery fees, you can adjust your order before you click the 'buy' button.



Planning and taking a few simple steps makes it easy to prepare healthy, affordable meals.