

My Plate's 10 Tips to Help Keep your Family Healthy on a Budget

Plan Ahead

Map out your meals for the week and make sure to create a grocery list with all necessary items to help you budget your food spending and avoid distractions that might limit your ability to buy the healthier foods you had planned on purchasing.

Get the Best Price

Check the local newspaper, online and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood – often the most expensive items on your list.

Compare and Contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.



Buy in Bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

Buy in Season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

Convenience Costs

Convenience foods like frozen dinners, pre-cut vegetables and instant rice, oatmeal or grits will cost you more than if you were to make them from scratch. Go back to the basics: Take the time to prepare your own – and save!

Easy on Your Wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens or potatoes. As for fruits, apples and bananas are good choices.

Cook Once and Eat All Week

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week, and you won't have to spend money on take-out meals.

Get Your Creative Juices Flowing

Spice up your leftovers by using them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or use it to make chicken chili. Remember, throwing away food is throwing away your money!

Eating Out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

The Kansas Hospital Association and Healthworks have created a series of resources designed to inform and support efforts to promote healthy food and beverage environments in Kansas hospitals. The content of this document is based on information available on the American Heart Association website at www.heart.org. These resources are funded in part by the Kansas Health Foundation. For more information, visit www.HealthyKansasHospitals.org.