



Global Wellness Monthly

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Eating better on a budget

Ten tips to help you stretch your food budget

There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price and preparing budget friendly meals.

Here are ten tips to help you.

- **Plan, plan, plan.** Before you head to the store, plan your meals for the week. Include meals like stews, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.
- **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.

At a glance

- The benefits of planning before you shop.
- Tips for purchasing items at the best price.
- Ways to prepare budget friendly meals.

Did you know?

Eating Disorder Awareness Week is taking place from Feb. 22, 2017.



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- **Convenience costs... go back to the basics.** Convenience foods like frozen dinners, pre-cut vegetables, instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own — and save!
- **Go 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...eat all week!** Prepare a large batch of favourite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you will not have to spend money on take-out meals.
- **Get your creative juices flowing.** Spice up your leftovers — use them in new ways. For example, try leftover meat or vegetables in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money.
- **Eat out with a plan.** 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.



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