

Eat Well **for** **LESS**



Making Every Dollar Count

We all have to eat. But there are lots of ways to save money and still eat healthy, tasty foods.

Eat more meals at home.

Eating out is costly and the food is not usually as healthy as a home cooked meal.



Try generic foods. The generic or store brand is often the same quality as the national brand, but cost less.

Use the grocery store ads to plan meals.

Find out what is on sale before you plan your meals and snacks.





Use a crock pot to cook less tender cuts of meat.

You can save money by buying less expensive cuts of meat. Then tenderize the meat using a marinade or cook in the crock pot until tender.

Grow a garden.

This can be a fun family activity and can save you money at the grocery store.



Which ways will you try to eat healthy for less?

For more information contact:



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