



# simply healthy

from your Hannaford Dietitian

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## Eating Well on a Budget

Need ideas to save money on your food bill while still eating healthy? You can enjoy greater variety, avoid deprivation, and gain a shopping strategy that's easy on both your waistline and your wallet.

### Money-saving fundamentals:

- Shop after a meal or light snack to resist temptation.
- Choose large bags of fruit instead of the single, large fruits priced per unit or pound.
- Eat vegetarian twice a week.
- Make eating out a special treat saved for once or twice a month.
- Plan your menu, write a list of what you need, and stick to it.
- Shop once a week.
- Buy Hannaford brand when it is available (for both food and household items).
- Use the online flyer at [hannaford.com](http://hannaford.com) before you go shopping to identify produce that is on special that week.
- Buy chicken whole or on the bone. After cooking, debone and take the skin off. Cooked chicken can be used quickly and easily!

### Think your drink:

- Avoid buying soda. Drink water, milk and 100% juice for maximum nutrients per calorie.
- Skip bottled water and drink water from the tap.

### Choose your snacks wisely:

- Make your own healthy trail mix with Kashi cereal, Craisins and Hannaford brand nuts.
- Eat fruit for snacks (bananas are always affordable).
- Buy snack-size resealable plastic bags and make single-serving packets.
- Buy bar cheese and grate or slice it as needed.  
(Cabot makes a great tasting reduced-fat version.)

### Go frozen:

- In the winter look for frozen veggies and fruit to save money.
- Freeze berries during the summer, when prices are low.

### Buy sale items:

- Buy in bulk when you know you will use the food.
- Buy your meat when it goes on sale and freeze it when you get home.

Adapted from Madelyn Fernstrom, PhD, CNS, TODAY nutrition and diet editor



**Interested in learning more?** Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at [hannaford.com/dietitian](http://hannaford.com/dietitian)