

Nutrition on a Budget

Ways to save money and eat healthy!

Breads and Grains

- **Choose whole grains.** Great options that don't cost as much include rice, oatmeal, shredded wheat, and bread!
- **Buy rice and oatmeal in bulk.** Instant varieties are more expensive.
- **Buy whole grain bread on sale.** Store the extra in the freezer.

Fruits and Vegetables

- **Buy fresh vegetables and fruits that are in season.** They are cheaper and taste better.
- **Cut your fruits and vegetables at home.** Pre-cut produce can cost more than whole fruits and vegetables.
- **Stock up on long lasting vegetables** and store them in a cool, dry place. This includes potatoes, carrots, sweet potatoes, cabbage.
- **Canned and frozen produce lasts longer and is just as nutritious as fresh.** Choose canned vegetables with no added salt and fruit that is canned in 100% fruit juice.

Meat and Beans

- **Add beans, lentils, and eggs to your meal plan instead of meat.** Lots of protein for less money.
- **Dry beans cost less than canned.** Soak them overnight to use the next day.
- **Purchase whole or cut up bone in chicken.** Buy family-size packs on sale and freeze.
- **Canned tuna is an inexpensive protein choice.** Choose light tuna over white (albacore) tuna for less mercury.

Dairy

- **Shred your own cheese at home.** Blocks of cheese are less expensive than shredded cheese.
- **Buy yogurt in larger size containers.** They cost less per serving than smaller sizes.
- **Choose ultra-pasteurized milk.** It has a longer expiration date and won't spoil as fast.
- **Consider dry milk powder.** Mix it with water and use it as a low-cost substitute in recipes.



For more information, please call the Nutrition Department at 443-923-2730, scan the QR code or visit KennedyKrieger.org/departments-medicalspecialties/nutrition-department

