

# 10 Tips to Eat Well for Less

**1** Check newspaper ads each week to see what's on sale. Plan meals using those foods. Avoid ready-to-eat food, such as frozen meals. They usually cost more.

**2** Build the main part of your meal around grains, such as rice and noodles. Buy regular rice and oatmeal instead of the instant and flavored kinds. They cost less. Use only small amounts of meat.

**3** Buy food in bulk. You can get just the amount that you need. This is a great way to try a new grain when cash is tight.

**4** Use your leftover food instead of throwing it away. Freeze leftover vegetables and use them in soups. Use ripe bananas to make banana bread. Use ripe fruit to make a smoothie.

**5** Check your shelves and the refrigerator before you go shopping. Be sure to look for leftovers. Then, make your shopping list. Buy only what is on your list.

**6** What do you throw out most? Buy less of it next time.

**7** Buy less fast food. Go to the drive-through less often.

**8** Read labels. The first three ingredients on the label tell you what you are buying. Do you see healthy ingredients listed first, or sugars and fat?

**9** Think before you buy. Don't buy something near the check-out line. Those items cost more. Don't buy something just because you have a coupon. Use coupons only for food you really need.

**10** Drink tap water. Buy a drinking bottle and fill it up again and again. You will soon save back the money you spent on the bottle. You've helped the environment, too.



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To learn more about best buys, see the OSU Extension Service fact sheet "Tips for Healthy, Thrifty Meals" at <http://extension.oregonstate.edu/nep/osu-edmaterials#SFD>

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