

Money Fact Sheet

Thirty-One Ways to Save Money and Eat Healthier



Everyone wants to save money and keep their grocery costs low. Try these money-saving strategies to increase savings and improve your health.

1. In-season produce is often less expensive, for instance, asparagus in spring, zucchini in summer, pears in fall and leafy greens in winter. Learn what produce is in season.
2. Investigate the farmers markets in your area. Local produce hasn't traveled long distances, so it is often in better condition and lower-priced.
3. Where available, picking your own berries and other produce is fun, cost effective and provides a good workout.
4. Growing your own herbs, vegetables or fruit in a yard, patio or sunny windowsill is inexpensive and rewarding.
5. Buy only as much fresh produce as you will use within 3 to 4 days. After that, the nutritional value decreases. Throwing away food is expensive; use over-ripe fruit like bananas and peaches in baking.
6. Choose canned or frozen fruits and vegetables when fresh is expensive or unavailable, but remember to avoid added sugar and salt. Always read the food labels.

7. To prevent impulse shopping, always shop for groceries with a list.
8. Shop on a full stomach to avoid unplanned purchases or selecting convenience foods low in nutrition.
9. Use coupons only for products you were planning to buy anyway. Try to combine sale items with coupons for extra savings.
10. Try store-brand products; you may not find much difference between these and more expensive brand names.
11. Where bulk foods are available, choose to scoop your own grains, beans, cereal, nuts, etc. You'll save money by buying only what you need.
12. Buy juice as frozen concentrate instead of ready-to-use bottles or cartons. The nutritional content is the same. Choose only 100% fruit juices.
13. Buy plain brown rice or other whole grains and add your own herbs and spices instead of prepackaged blends.
14. Purchase plain, nonfat yogurt and add your own chopped apples, dash of cinnamon and drop of vanilla. You'll get less sugar for less money.
15. Instead of a gallon of ice cream, buy popsicle or ice cream sandwiches. Although individually packaged options cost more per unit, they will help you control portion sizes and, in turn save money.
16. Decide which convenience foods you really need. Would you rather slice mushrooms or tear your own lettuce leaves than buy prepackaged options? Or is the reduced preparation time well worth a few extra dollars?
17. Consider joining a food co-op or membership store.
18. Make your own sandwiches so you can control the amount of mayonnaise and heap on more veggies. Make sure to choose a fiber-rich, whole-grain bread.
19. Keep a bottle of water with you all day long instead of buying sodas. Water has no calories, caffeine or sugar.
20. Bring your lunch to work instead of buying it. Stir-fry or veggie pasta leftovers can be quickly microwave. Bonus: Since you won't sit in a restaurant or wait in a cashier's line, you'll have time for a midday walk.
21. Rather than going to the vending machine, bring snacks from home: fresh fruit salad, raisins or other dried fruits, unsalted nuts, raw veggies, baked tortilla chips, flavored rice cakes or crunchy whole grain cereal.

22. Instead of buying deli turkey by the pound, purchase a whole turkey breast, roast it in the oven, slice into individual portions and freeze in zip-top bags until needed. These are perfect for quick sandwiches or salad toppings.
23. When you purchase meat, divide it into 3-ounce servings (the size of a deck of cards) and place in freezer-safe bags or containers. This will help control portion sizes and encourage you to use less meat in casseroles, stir-fries and pasta sauces.
24. Always keep a few cans of beans on hand to use as a meat substitute in various dishes.
25. Cutting down on meat leaves more money to buy a variety of veggies, even out of season. Eating a variety of foods will make smaller portions of meat less noticeable.
26. When you're too tired or busy to cook a full meal, don't fall into the expensive trap of going out to eat. Instead, make a veggie-filled sandwich or have soup and whole grain crackers.
27. Always freeze leftovers (rather than refrigerate them) unless you will definitely use them the next day.
28. Try making your own salad dressing with olive oil, flavored vinegar and your favorite seasonings.
29. Since baked goods freeze well, make muffins and quick breads in large quantities. Include whole grains, shredded vegetables, and fresh or dried fruits.
30. Create your own trail mix with unsalted nuts, whole-grain cereal, pretzels and chopped dried fruits in place of the store-bought kind, which often contain excess salt, sugar and saturated fat.
31. Remember that eating healthfully now will save money on health costs in the future. Fill your plate with two-thirds (or more) vegetable, fruits, whole grains and beans and one-third (or less) animal foods.

Source – American Institute for Cancer Research, NEWSLETTER on Diet, Nutrition and Cancer Prevention.