

5 Tips to Being Healthy on a Budget

By Melissa Gallagher, Healthy Being

With the holidays just around the corner budgeting every cent has become a necessity for many households. My particular household has chosen to continue to eat healthy, but with a little more work we are saving more money each time we hit the grocery stores.

Here are 5 easy ways to stay healthy on a budget without compromising good health or good food.

1. Shop Local.

Shopping at local farmers markets and local coops for veggies and fruit will significantly reduce your cost. You essentially cut out the middleman and buy vitamin rich organic foods. Similarly, many areas have local organic farms where you can purchase a 1/2 cow or chicken that are butchered and prepared on site. If your freezer allows, this can save you well over several hundred dollars a year.

2. Buy frozen.

The processing of frozen vegetables is often fresher and cheaper than anything that can be found in the produce and canned sections of the store. If you check your frozen food aisles, and you'll find big bags of veggies at bargain prices – sometimes as little as \$1 a bag.

3. Eat more brown rice.

Brown rice is one of the best grains and it is packed with vitamins, rich in fiber, protein and iron and is low in calories. A 2-pound bag can yield rice, for a family of four, meals for at least 5 days. Substitute standard pasta and potato-based dishes with brown rice and experience a cost reduction. Other benefits you may experience may be increased full feeling, weight loss and better digestive health.

4. Plan and Prepare your Meals.

When it comes to lunch and dinner, a large majority of families eat precooked-prepackaged meals or even meals ready to be prepared. A little time goes a long way when cooking a prepared and well-planned meal.

By cooking a larger dinner that can yield leftovers, time and money are reduced as the excess may be pre-made lunches for you and/or your spouse or partner for the next day(s).

I always suggest preparing snack packs in the beginning of the week-- by chopping up apples, carrots and other fruits and veggies, a wholesome and healthy snack can be taken with you to work or on the road.

5. Use coupons

There are many great sites and manufacturers that offer coupons

for healthy, natural and organic goods, foods and meats. Great sites are: couponmom.com, coupons.com, and organicconsumers.org

Budgeting and eating healthy can be synonymous and can benefit both your pocketbook and your health.



Melissa Gallagher is a naturopath and founder of Healthy Being, LLC, offering a complete line of organic, homeopathic, naturopathic and alternative health and wellness products including Sunshine in a Box, a Heart in a Box that was recently featured on CNN Accent Health News. Please visit HealthyBeingProducts.com/sad.html for information or call 727-954-8968.

