



TIPS FOR EATING HEALTHY ON A BUDGET

Eating whole foods can seem to be more expensive than eating processed, boxed & pre-made items. However, with a little planning, eating healthy on a budget is definitely do-able.

Whether you have a small or large grocery budget, good stewardship is vital. We should be concerned & careful about what we spend simply to honor what God with what He has entrusted us with. I'm so happy to share my list of favorite ways to save money on some of the more expensive items that are essential to my family's healthy eating plan.

I hope these tips will help you in your journey for whole food based nourishment.

And the Lord said, "Who then is that faithful & wise steward, whom his master will make ruler over his household, to give him their portion of food in due season? For everyone to whom much is given, from him much will be required...

{Luke 12:42-48}

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BUY IN BULK

Stop walking by those big clear bins at the store! Take advantage of the savings they offer on a regular basis, plus those items go on sale a lot!

JOIN A WAREHOUSE STORE

These places offer amazing deals on many organic & paleo staples. There are grain free flours, seasonings, meats, fruits, veggies & nuts also.

BUY LOCAL

Find a farmer or a farmer's market & take advantage of the savings. The farmers selling at the market respect that you are spending your hard earned money on their crops & goods.

BUY IN SEASON

This one should be easy because when you look through the produce section, the items that are on sale are the ones in season. When crops are easy to get, the stores will sell them for less.

MAKE IT YOURSELF

Healthy, whole food snacks like beef jerky & snack bars are expensive. These items can be made at home for a fraction of the cost. Plus making it yourself ensures the quality of the ingredients.

SHOP GROCERY ADS

This might take a little bit of work, but it is worth the effort. If I know a store in my area has a staple item on sale, I will take the time to go there & stock up. Sometimes it does mean going to one store but it can definitely be worth it for the savings!

BUY MEAT ON SALE

Since meat can be frozen, buying a bulk of it when it's on sale is key. You can take it home & freeze it. Also, large family packs are often much less expensive per pound so separate it at home into a quantity that fits your needs.