

Eat Well on a Budget!

Healthy food doesn't have to cost a fortune. It's possible to eat well even on a tight budget. Before your next trip to the supermarket, check out these money-saving tips to help you stock your kitchen without breaking the bank.

Cook at home. Plan and prep your meals at the beginning of each week.



Stock up on frozen fruits and vegetables, and skip items with added sauce and sugar.



Buy whole grains, dried beans and nuts in bulk. Store family-sized packs of chicken breast in the freezer.



Sign up for your store's loyalty program and save more when you shop.



Select store brand items when possible.



Keep your health goals in 2026!

Goal: Spice up your budget-friendly shopping list by adding a new-to-you food each week, such as in-season produce or bulk packages of grains, such as barley or bulgur.

Call a well-being coach at 888-616-6411 to help you set and stick to your goals this year. For more financial tips, access well-being resources at

BeWellSHBP.com/Finance.