



Eating Healthy on a Budget

March is [National Nutrition Month](#), a reminder that a variety of nutritious foods is essential for a healthy mind and body. There are many ways to save money on your grocery bill. Here are some budget-friendly tips for eating right:

- **Plan what you're going to eat for the week and decide where to shop for the best deals.** Before you head for the grocery store, plan your meals and snacks for the week. Look for coupons or savings online or in store circulars and buy food in bulk if it makes sense. If you can double up on recipes, you can save time in the kitchen and freeze portions for future use.
- **Shop for foods that are in season.** Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Just remember that some fresh fruits and vegetables don't last long, so buy small amounts at a time.
- **Focus on nutritious, lower-cost foods** such as beans, peas, lentils, sweet or white potatoes, eggs, peanut butter canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.
- **Cook at home more often and eat out less.** Many foods prepared at home are cheaper and more nutritious. Go back to basics and find simple, healthy recipes that your family enjoys.

Developing Healthy Eating Habits

Small, consistent changes in eating habits can bring about big health benefits over time. This month, try to:

- Eat a variety of foods, especially fruits and vegetables.
- Stick to moderate portions.
- Eat regularly...don't skip meals.
- Drink plenty of fluids, mostly water.
- Plan your meals for the week, including snacks.
- Enjoy meals with your loved ones.



Snacking

Try these ideas for healthy snacks that are satisfying and offer a nutritional boost:

- Celery and carrot sticks with hummus
- Popcorn. Save money by making and packaging it in snack-size bags.
- A handful of nuts or olives.
- Yogurt with fresh fruit.
- Half of a whole-grain bagel or slice of bread with almond or peanut butter.
- A simple smoothie: blend a frozen banana with almond milk and 1 Tbsp of almond butter

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