

# MONEY SAVING IDEAS

## Eat Healthy, Save Money

(NAPS)—Buying healthier food for your family does not have to cost more.

**We Can!**<sup>™</sup> (Ways to Enhance Children's Activity and Nutrition), a public education program from the National Institutes of Health for parents with children ages 8 to 13, suggests these tips to help you plan healthy family meals before you go to the store:



- Make a plan and stick with it. With a meal plan and a shopping list, you can get most food items in one trip. The fewer trips, the more you save.

- Comparison shop. Use the unit price and the nutrition facts label to compare similar foods. Try store brands and save.

- Buy in-season fruits and vegetables. Try a farmer's market, where products often cost the same or less than your supermarket.

- Don't shop hungry. You are more likely to make unhealthy choices that you'll regret later.

For a meal planner, recipes and other tools to help your family maintain a healthy weight on a budget, visit <http://wecan.nhlbi.nih.gov> or call (866) 35-WE CAN.

### Did You know?

For tips and tools to help your family maintain a healthy weight—and maintain your budget—look for recipes and a meal planner at <http://wecan.nhlbi.nih.gov> or call (866) 35-WE CAN.

Buying healthier food for your family does not have to cost more.  
/// Eat Healthy, Save Money

1

2

3

4

5

6

7

8

9

10