

# vitaMin

Vital health information in a minute!

Is the economy squeezing your wallet?  
10 tips to help you eat healthier AND keep to your budget.



## 1. Plan ahead and make a list

Set aside regular blocks of time for planning meals, making your grocery list and shopping. Include some healthy snack ideas as well as main menu items. Planning ahead helps you avoid impulse purchases.

## 2. Check the freezer aisle

Frozen vegetables are picked and frozen at their peak. They're usually fresher and cheaper than the same items in the produce and canned sections of the store. Check the frozen food aisles for big bags of veggies at bargain prices.

## 3. Shop locally and in season

Your local produce stand or farmer's market can be a great resource for healthy bargains. The fewer miles your food has to travel, the better for it (and the environment). For the best deals, shop often. Keep an eye out for end-of-the-day specials.

## 4. Buy marked-down fresh produce

Fruits and vegetables are good for you, but the price of fresh produce can be a budget challenge. To stretch your shopping dollars, check the reduced rack at the grocery store. There is often ripe produce for a fraction of the regular price.

## 5. Grow your own

Cut your produce prices by growing your own. Start with a small plot in your backyard or town community garden. You can grow fresh tomatoes, lettuce and herbs in a container garden on your patio or balcony. Grow your favorite herbs on the deck or in small pots by the kitchen window, and snip them to add fresh flavor to your meal.

## 6. Watch for discounts

Everyone loves a sale. When you can combine a sale price with a coupon and maybe a rebate, it's even better. Look for coupons and sales in your store flyer and online.

## 7. Surf for recipes

When you've found a bargain at the store, the internet is a great resource for recipes that use your purchase. Just plug the specific ingredient in as a keyword.

## 8. Dig out the slow cooker

It's a great way to cook cheaper cuts of meat for soups and stews, and a busy mom's ally. Extra vegetables and beans will make your protein go further. There's nothing better than coming home to a meal that's ready to eat, and the aroma of dinner in the air.

## 9. Shop in bulk

If you live in a small town or rural area with no large supermarket or discount grocery nearby, make a trip once a month to a larger town to stock up on non-perishable foods. Take advantage of specials on staples like soups, pasta, rice and canned goods.

## 10. Popcorn makes a healthy, fun snack

Skip the expensive microwave popcorn loaded with salt and butter. With an air popper and popcorn kernels from the discount store you can make healthy popcorn at a super cheap price. And it pops in the same amount of time as microwave popcorn!



"CIGNA" is a registered service mark of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include International Rehabilitation Associates, Inc. (Intracorp), CIGNA Behavioral Health, Inc. and vielife Limited. All models are used for illustrative purposes only.