



hen house
your market



Is it possible to eat healthy on a budget?? Here are some tips to help curb your food bill while still eating healthy.

1. Buy in Bulk- bulk items are usually cheaper because there is no expensive packaging. You also can buy as much or as little as you want. Look for cereals, dried fruit, nuts and grains in bulk foods. Look for sales on family pack meat or larger size packages of items, then divide and freeze for later meals. Large size purchases may be more economical on a per unit or pound price. Buy whole chickens and cut it up for several meals.
2. Make it from scratch- it will take more time but you can prepare it cheaper than packaged convenience foods and you can make it healthier by controlling the sodium and fat in it.
3. Purchase store brands, look for Best Choice and Always Save in the Hen House Markets. They are less expensive than national brands and are quality products that compete with national brand standards. If you shop for organic items, look for Best Choice Clearly Organic food products.
4. Shop the perimeter of the store. The food departments on the outer aisles of the store are the healthy ingredients: fresh produce, lean proteins, and low fat dairy. Buy while on sale and freeze extras for later meals. The inner aisles are processed packaged foods that are usually high calorie and lower nutrition content (candy, chips, snack foods). These foods can add to your food bill and your waistline!
5. Do not shop when you are hungry. Shopping when hungry leads to more impulse buys.
6. Look for beans- incorporating beans into your meals will give you quality protein (considered in the meat food group) and they are an excellent source of fiber; at a lower price tag. Try black beans, pinto beans, kidney beans, lentils, split peas, adzuki beans, mung beans, anasazi beans or garbanzos.
7. Utilize meal extenders- such as brown rice, potatoes, grains and legumes. Mix these with vegetables and a little meat to make a larger healthy meal. Look for frozen vegetables on sale and stock up, especially during off seasons of vegetable productions.
8. Look for seasonal fresh produce. Out of season produce are shipped in from around the world and cost more, so look for in season, locally produced produce when possible.
9. Rethink your meal cost. Most people do not mind paying 75 cents for a soda but would not pay that for an apple. Look at what you spend your food money on and focus on healthy foods such as fruits, vegetables and whole grains. Healthy food is not always the most expensive.
10. Shop store ads and use coupons. Create your meal plan around ad items to create low cost meals. Hen House offers double coupons to take advantage of even more savings. Create a shopping list of items needed for your meals and stick to it!
11. Still looking for quick and healthy meal ideas- look for Hen House Meal Deals and What's for Dinner meal specials. These meals take the planning out of meal time and provide quick meal solutions at a hefty savings!
12. Check out our \$4 generic prescription drug list for big savings at our pharmacy.