

FEBRUARY 1, 2023

# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## EATING HEALTHY ON A BUDGET

Do you find it hard to eat healthy on a budget during these cold winter months? Home garden season and farmers markets are still a few months away and it seems as if the price of everything is going up at the grocery store. Eating healthy on a budget often starts with planning. Finding time to plan during these winter months can sometimes be easier due to the increased time we spend indoors.

Where do you start your plan? Try making a list of meals you like and checking your cupboards, refrigerators and freezers to see what you already have at home. Be sure to include any fresh items you have first, so they don't spoil before you get to them. Next, build a weekly menu around these items you already have to reduce food waste and additional items in the grocery cart. Be sure to check your schedule for the week as you plan your menu. Put those easier to prepare items on the menu on your busy days. Check the weekly ads from your local stores for sale items that could be included in your menu. Do you love fresh veggies and fruit? Look for the fresh produce that is currently in season to lower your cost. Once you have your menu planned, make a grocery list. Shopping from a grocery list and eating before you shop can help control impulse shopping and unhealthy food choices.

For more tips on healthy eating on a budget, visit sites like [www.myplate.gov/eat-healthy/healthy-eating-budget](http://www.myplate.gov/eat-healthy/healthy-eating-budget) and [www.cdc.gov/diabetes/healthy-eating-budget.html](http://www.cdc.gov/diabetes/healthy-eating-budget.html) or call our office and we will help direct you to local resources.