# Getting the Best Bang for your Buck

Grocery shopping can be expensive, and it's even harder to find good deals when you're trying to eat healthy. It isn't impossible though. Here are some tips:

- Avoid pre-packaged salads. They're not as fresh and generally more expensive. You'll also be able to customize your salad more, so that's a plus!
- Buy anything you use often in bulk. This especially goes for things like spices, cereals, or toilet paper.
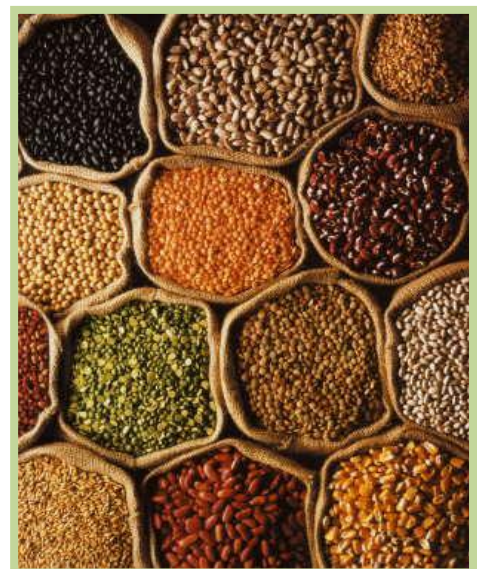
- Buy the whole chicken! Boneless, skinless chicken breasts are definitely more convenient, but in the long run it's cheaper to buy a whole chicken and use it for multiple meals. You can use the leftovers in soups, sandwiches, or salads.

- Learn to love your beans! They're packed full of protein and dietary fiber, plus they're some of the cheapest items you can buy at the supermarket.

- Skip over the fish counter, and head straight for the frozen foods aisle. Frozen fish is almost always fresher, and can be a lot cheaper in most cases.

- Make a list and (this is the important part) stick to it! This way you can avoid making impulse buys while grocery shopping.

- Shop the perimeter of the store first. This is where most supermarkets keep their staple items like bread, milk, meat, etc… The inner aisles are filled with junk food.

- Try to make food which you can cook once, and eat thrice. For example, make a large pot of pasta sauce to freeze throughout the week, and then every time you get hungry, you can just spend 20 minutes on making the noodles. Soup is also good for reheating, as well as stir-fry.

- Don't go grocery shopping while hungry. This can lead to making poor decisions health-wise.

- Make a checklist of everything you have in your pantry and keep it on the pantry door. This'll make it easier to write up your shopping list. A good idea is to use a dry erase board for this.

- Cut back on meat. You don't *need* to have it every day, so take 1 or 2 days out of the week to have a nice vegetarian meal. This will help you save money and may encourage you to eat more fruits/vegetables.

- Avoid corner stores whenever possible.
- Go shopping while the kids are in school. If you bring them with you then you're just going to succumb to their pestering for junk food. Even if you don't, it's annoying having to tell your kids no every 5 seconds.
- Get cloth grocery bags. They're good for the environment, and you're wallet. Also, they're less likely to break while you're walking to the car.