

# Spice of Life

Nutrition Education Newsletter

August 2020



Brought to you by your  
Neighborly licensed dietitians

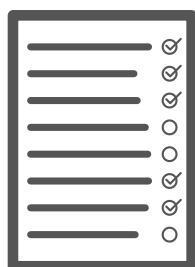
## Eating on a Budget

### ***Did you know***

- *Grocery shopping while hungry can increase impulse buying*
- *Buying produce in season can save money*

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## Eating on a Budget - The 3 P's



### Plan

- Plan meals and snacks for the week
- Find quick and easy recipes
- Create a grocery list and check what you currently have
- Check for sales, use coupons, and join store loyalty program



### Purchase

- Stick to your grocery list
- Buy store brands if cheaper
- Compare prices to get the best deal
- Buy produce in season



### Prepare

- Cook meals in advance
- Double recipes and freeze single meals separately
- Get creative with leftovers