

Save Money on Healthy Eating and Superfoods

#1. The most important tip is to stick to your list! Don't be caught buying impulsively, as that ends up costing you more in the long run, and those impulse buys are often not very healthy.

#2. Make smarter choices. Do not pick up junk food and you will save a ton of money right off the bat. Junk food costs us more money in the long run, never mind what it does to us – costing us thousands in medical bills and other related expenses. Junk food only seems cheaper.

Buy the highest quality of food. This is not where you want to skimp, as high-quality food is healthier for you than low quality food. Buy foods that you eat a lot of at the highest quality.

#3. Buy cheaper cuts of meat. This is especially important when buying organic, as cheaper cuts of organic meats are often of higher quality (and lacking some not so healthy stuff) than regular meat.

#4. Join a CSA (Community Supported Agriculture) group. These are a great way to get healthy, local food at a great price. They often deliver, though check with a local farm first to see if you have to pick up the box and how often the shares come out.

#5. Cook one large meal and use the leftovers for when you don't want to cook during the week, saving you money as well as allowing you to eat healthier. Plus, you'll save money by not eating out on those nights. You can also use leftovers as a base for another meal, helping you to stretch your food budget even further. Soups and stews are an easy and fast way to use up leftovers.

#6. Bake your own snacks and then you'll not only save money, but you will actually know what's in them. A lot of baked goods have mysterious ingredients in them to prolong shelf life, but if you make your own you won't have any of those.

#7. Think frozen before fresh, especially when the fruit is out of season. You can use frozen berries in baked goods as well as smoothies, often saving lots of money over fresh berries.

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#8. Buy in bulk whenever possible, especially of items you use a lot. One example is to buy regular rolled oats instead of instant oatmeal, you'll save money plus you can use regular rolled oats in your baking. If you can, buy bulk when it is on sale or at a club or discount warehouse to save even more.

One of the most important things to remember when trying to save money is to make every dollar spent count – don't let food go to waste just because you got it on sale. If you can't store it all, it will just go to waste and then you have wasted your money.