



You Can Buy Healthy Food on a Budget



Bread, cereal, rice, and pasta

- Eat hot or cold low-sugar cereals, such as oatmeal and other WIC-approved cereals.
- Corn tortillas, plain popcorn, or whole grain crackers make good choices.
- Choose whole grain foods, such as whole wheat bread, brown rice, and pasta.
- Buy grains such as rice, rolled oats, and quinoa in bulk and store in airtight containers.

Fruits and vegetables

- Fresh fruits and vegetables in season are best. Check out produce stands and farmers markets for better prices and fresher products.
- Most of the time you can find good prices for fresh foods such as potatoes, sweet potatoes, greens, carrots, onions, and cabbage.
- Bananas, oranges, apples, raisins, and prunes are almost always a good buy.
- Wash and chop your own lettuce for salads.
- Look for the largest bag of vegetables in the frozen food section for the best value.

Dairy

- Try powdered milk for cooking.
- If you have too much milk or cheese, freeze the extra for later.
- Buy a large container of plain yogurt and add fruit. You will save money and your homemade version has fewer calories and less sugar.

Meat, poultry, fish, beans, and other protein foods

- Buy canned or dried beans. Also try lentils, split peas, or black-eyed peas.
- Try going meatless at some meals.
- Buy larger packages of meat and divide into meal-size portions. Freeze for later use.
- Buy less expensive meat and eat 3- to 4-ounce portions.
- Try eggs, bean soups, peanut butter, peanuts, or tofu.
- Canned tuna or chicken is good for sandwiches, enchiladas, salads, or casseroles.
- Make or cook pizza at home, rather than eating out.

Fats

- Use small amounts of vegetable oils for cooking.
- Avoid butter, lard, or shortening.