



## Eat Healthy on a Budget

Consuming the right mix of fruits and vegetables can boost your performance and your immune system... and best of all, it doesn't have to break the bank! Here are nine simple ways to budget for fruits and vegetables:

**GROW IT.** Build your own garden and grow what you like, such as fresh tomatoes, squash, peppers, or blueberries. It's easier than you think. Check out these [tips](#) on starting a garden.

**SHOP LOCAL.** Visit your local farmers market or participate in a community supported agriculture (CSA) program. Check out the U.S. Department of Agriculture (USDA) website to find a [farmers market](#) or [CSA](#) near you.

**KEEP IT FRESH.** Consider investing in reusable produce bags or air tight containers to keep refrigerated fruits and vegetables fresher, longer.

**CLEAN IT.** Wash fruits and vegetables only when you're ready to use them, otherwise store produce unwashed, unpeeled, and uncut to prevent premature spoiling.

**KNOW THE LIFE SPAN.** Longer lasting fruits and vegetables include apples, cabbage, onions, and potatoes, whereas bananas, strawberries, asparagus, and broccoli tend to spoil faster.

**PLAN YOUR MEALS.** Go to the grocery store or farmers market with a detailed list of food items that you need to prepare meals for the week to avoid purchasing products that you don't need.

**SHOP SAVVY.** Check out the commissary or sales flyers from your local newspaper to find the grocery stores with the best bargains and clip coupons to save even more money.

**COMPARE COSTS.** Look at the unit price per item rather than the actual price to compare similar products of different size or weight when shopping at the grocery store.

**RECYCLE IT.** Don't throw out bananas or zucchini that are starting to spoil. Use overly ripe fruits and vegetables to make homemade breads or muffins. Peeled and frozen bananas can be used in smoothies and zucchini can be shredded and frozen to be used in soups or stews later on.

