

Rising Food Costs

We've all hear it and probably all experienced it lately while trying to eat healthy. Healthy food just cost more than foods that are less healthy. As food cost rise how are we to eat right yet continue to stay within our monthly budget?

One way to cut costs is to eat seasonally. This means buying foods, especially produce, while it is within its season. For example, cherries and asparagus are power-packed foods that are usually harvested in the spring. They will be much cheaper at this time than if you purchased them at other times of the year.

Another way is to shop according to a set grocery list. Make a map of your local grocery. List your foods according to the normal path and flow of the store and stick to it! If you must deviate from your list try to make a replacement instead of a completely new item. Also make sure your list is according to a planned menu for the week. Learn ways to use leftovers in your weekly meals so you have variety yet use only a few items.

Never shop hungry! So many times we walk into the grocery store famished and everything looks so good we just have to have it. By the time we get to the cash register our cart is full and our wallet is empty. Try going after a meal or snack and foods that aren't needed usually don't look as good when seen through a full stomach.

With these tips you can help combat rising food costs. Eat seasonally, make a list and never shop hungry. Enjoy eating healthy and sticking to your budget!

