

# You can do it!

Yes! You can avoid the junk food habit.  
When you **PLAN** ahead, **HEALTHY** eating  
can be **AFFORDABLE**.



## Tips for sticking to your budget:

- Plan your meals every week.
- Make a grocery list and stick to it.
- Try not to shop when you are hungry.
- Clip coupons, organize them, and keep them with you.
- Watch for sales, especially on meat close to its expiration date – you can always freeze it for later.
- Compare store brand prices with national brands.
- Remember, most canned, fresh, and frozen items can be exchanged in recipes.
- Buy your favorite food items in bulk, if possible. (noodles, beans, canned fruits and vegetables, etc.)



For more, visit [healthysd.gov](http://healthysd.gov)  
For healthy snacking tips, visit [munchcode.org](http://munchcode.org)

# Yum!