

How to Eat Right and Maintain Proper Nutrition on a Budget

Getting the right nutrition is extremely important for not only feeling good physically and mentally, but for preventing disease and illness. The problem is that some of the cheapest foods (e.g. fast food and processed food) has the least nutritional value. And on the other hand, healthier foods like organic, non-GMO, all-natural tend to be more expensive. Fortunately, you can still eat right and get proper nutrition on a budget by following these guidelines.

Do Your Own Cooking

One of the quickest ways to overspend is by constantly eating out or buying prepackaged meals that you heat up in the microwave or oven. This can quickly rack up your food costs and often lacks nutritional value. The solution is to buy whole foods and cook them yourself. Although it may require a bit more time, it's often more satisfying and you can eat better without exorbitant costs.

Purchase Frozen Fruits and Veggies

If you're not sure how long it will take you to eat perishable foods like fruits and veggies, it's smart to buy them frozen. Rather than only having a few days before they go bad, you can easily have several weeks or even months. On top of this, frozen fruits and veggies should be rich in nutrients if they were frozen right, and you can often find them at discount prices.

Shop for Local Foods That Are In Season

Buying foods that are locally grown and farmed saves money because sellers don't have to cover the cost of long distance transportation. When it comes to fruits and veggies, try to stick with the ones that are in season in your area and you can save money while boosting your health. An added benefit of local foods is that they're practically guaranteed to be fresh and you're putting money back into your community.

Join a Co-op

If you are feeling a bit Marxist lately, a final option involves joining a local co-op where members contribute to food production and distribution or volunteer in exchange for reduced costs on food. If

you've got some extra time and want to have access to healthy food at an affordable cost, then this is something to look into. Just search for co-ops in your area and see what is out there.

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