



# EAT WELL ON A BUDGET

## A nutritious diet doesn't have to bust your budget.

The cost of healthy food can make it tough to eat well. Luckily, a few money-saving tricks can help you stock your fridge and pantry with good-for-you foods without breaking the bank.

**GOAL:** This month, add a new food to your weekly shopping list. A healthy diet doesn't have to be boring — plus, your body thrives on a variety of nutrients.


**TRY IT:** Instead of restocking white rice, try brown rice. And go to a farmers market for fresh, locally grown produce that's often cheaper than produce from the grocery store.

## Smart Tips Here are a few budget-friendly tips for serving up nutritious meals all week long:

**1** 

**COOK MORE AT HOME**

Dining out can get expensive and restaurants don't always offer the healthiest options. Instead, create a weekly meal plan and prep some items ahead of time. If your weeknight meals are almost ready to eat, you'll be less likely to call for takeout. When creating your meal plan, check your pantry for items you already have on hand.

**2** 

**GO FOR FROZEN FRUITS AND VEGGIES**

Fresh produce is great but can be costly. Thankfully, the frozen food aisle offers a variety of fruit and vegetables at a lower cost. They're just as good as the fresh varieties as long as you skip the items with added salt, oil, sugar, and butter.

**3** 

**GROW YOUR OWN HERBS**

Take advantage of Hawaii's year-round sunshine with an herb garden. Buying fresh herbs can be pricey, but growing them is easy and adds flavor to your meals.

**4** 

**BUY STORE BRANDS**

Most stores offer their own brand of products, which are usually less expensive than brand-name items. Before you load anything into your cart, check the aisle for a generic option.

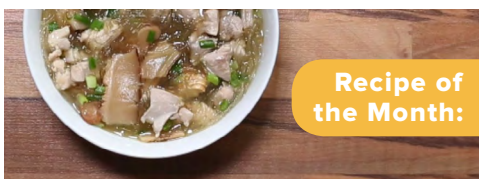
**5** 

**BUY IN BULK**

Stock up on items like whole grains, dried beans, and nuts. They'll stay fresh for several months in airtight containers. Family-sized packs of meat and poultry will keep well in the freezer, but be sure you've got the extra room before you check out.

## Say Hi to a Healthier New You

See how healthy your body really is with Sharecare's RealAge® Test, an assessment that shows you your health age compared to your calendar age. Then, use Sharecare to track your health habits, improve your RealAge, and see articles picked just for you. Get started today by visiting [hmsa.com/well-being](https://hmsa.com/well-being)



**Recipe of the Month:**

### CHICKEN LONGRICE

It's unclear how glass noodles became "long rice" in Hawaii, but they're tasty no matter what you call them. This chicken long rice recipe makes a satisfying soup that's great as a side or on its own. Get the recipe at [islandscene.com](https://islandscene.com).

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