

Stop High Food Prices from Inflating Your *Waistline*

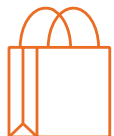


Filling our plates with healthy food and avoiding unhealthy temptations can be challenging, particularly as we see prices rise at the grocery store. Here are some simple tips to help navigate the supermarket aisles and avoid the side dish of guilt.



Plan

Plan your meals for the week, taking into account what items are on sale, as well as what is already in your kitchen. Planning will help you have a more productive trip to the store.



Purchase

Stick to your grocery list and avoid impulse purchases. The grocery store is the gateway for what comes into your home—invite in healthy foods.



Prep

A little preparation can go a long way in ensuring that healthy options are readily available when hunger strikes. Prep overnight oats for an easy grab-and-go breakfast in the morning. Have some vegetables sliced up for a quick snack or faster meal prep.



Plate

What you put on your plate matters. Keep salad and healthy sides on the table and main dishes on the stove. When we go for seconds, we are more likely to grab the food within arm's reach rather than walking to the stove. With a little extra effort, you can eat healthy foods and stick to your budget.

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