HOPE

BLOG

Healthy Groceries for Less: 3 Habits That Help

More Budget Picks

- Canned tuna, salmon or sardines
- Plain yogurt in a large tub
- Rinse canned beans to cut sodium

Buy in Season

- Collards and cabbage
- Sweet potatoes
- Apples in the fall

When Money Is Tight

- You are not alone
- SNAP and food banks can help
- Ask at your visit about resources

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Read the full article

Eating Healthy on a Budget: Affordable Foods and Simple Strategies

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General information, not medical advice. Your provider can tell you what is right for you.