

BUDGET BITES

CAN EATING AT HOME BE HEALTHY AND AFFORDABLE?

FAST FOOD

BREAKFAST

• 15

BREAKFAST

• 11

AT HOME

SAMPLE

TOTAL: 1,470 calories
and \$13.15
per person

TOTAL: 1,460 calories
and \$4.32
per person

BUDGET-FRIENDLY GROCERY LIST

- Canned beans
- Lentils
- Canned tuna
- Peanut butter
- Eggs
- low fat milk
- Bananas
- Canned fruit - no added sugar
- Applesauce
- Tomatoes
- Frozen veggies
- Canned