

LIVING ON A BUDGET

Top Traits of the Greats

CANNED GOODS

Canned fruits and vegetables are shelf stable and are super cheap! The produce is preserved right when it's picked. It is a great way to get in lots of great nutrients with canned food!



FROZEN PRODUCE

Like canned goods, frozen food is frozen at peak freshness and preserved with all those great vitamins and minerals! Frozen produce is usually also cheaper than fresh produce.

COMPLIMENTARY PROTEIN

Foods like beans and rice or whole wheat bread and peanut butter are complimentary proteins. These non-animal sources are normally much cheaper than meat products.



BUY IN BULK

When possible, buying in bulk can not only reduce the amount of waste but also buying shelf stable items like rice are usually less expensive.