

Quick Reference Series

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Healthy Living Made Affordable

Buy fruits and vegetables, which can be eaten raw or cooked, used as toppings for oatmeal or yogurt, or for making smoothies.

Purchase fruits and vegetables that are in season, and freeze some to save for the future.

Consume whole grain foods and beans; they are a relatively inexpensive and healthy option.

Cook at home instead of eating out whenever possible. Eating at home is not only healthier, but, it is also a much cheaper alternative. Some people like to prepare food for the coming week over the weekend, while others prefer cooking one meal at a time.

Look for opportunities to purchase in bulk or family packs. Check your prices!

Find and compare the "unit price" or "unit cost" listed on the shelf directly below an item. This price reveals the cost per pound, per gallon, or per ounce, which helps you determine the item with the best value.

Plan your meals and snacks for the week according to your budget. Include on your grocery list only the meals you plan to cook that week. This will limit frivolous purchases in the process.

Stick to your grocery list, and stay out of the aisles that do not contain items on your list. Avoid unhealthy impulse purchases.

Shop the outside aisles of a grocery store for the healthiest food.

Shop for groceries when you are not hungry or rushed! Otherwise, you may make purchases based on your stomach rather than your budget.

Pack your lunch! It is healthier and less expensive than restaurant or fast food.

Choose generic brands. Generic brands cost less. Check the ingredients to ensure they are of equal quality to a name brand equivalent.

Glance through the grocery store ads to see what is on sale.

Assess your pantry and fridge each week. Know what you have and what you may need to purchase.

Explore using coupons to save money. Be sure to compare prices! A discount coupon is not always the best deal.

Steer clear of junk food. It is unhealthy and costly for a person on a restricted budget.

Carry a water bottle everywhere. This prevents you from buying costly commercial beverages.



Broadview Financial Well-Being learning content and activities are aligned to the applicable K-12 educational learning standards: The New York State Learning Standards: Career Development and Occupational Studies; The National Standards in K-12 Personal Finance Education; and The Common Core Learning Standards; or the applicable adult learning standards: Institute for Financial Literacy: National Standards for Adult Financial Literacy Education.

Broadview Financial Well-Being's mission is to guide and encourage individuals to focus on achieving economic stability — using innovative tools, making informed decisions, and encouraging positive habits.