

Here are eight strategies to help you eat well without breaking the bank:

- 1. Cook at home.
- 2. Buy in bulk.
- 3. Limit red meat.
- 4. Use coupons.

- **5.** Choose generic or store brand options.
- 6. Plan your meals.
- 7. Make a list.
- 8. Choose frozen fruits and vegetables.

Well **UnTarget**®