



Budget-Friendly Meals: Eating Well on Any Budget

Eating healthy does not have to be expensive. Fast food may seem quick and affordable but frequent meals high in sodium, fat and processed ingredients increase the risk of heart disease and high blood pressure. These conditions affect African Americans at higher rates and are leading causes of death. Preparing simple nutrient-rich meals at home supports heart health, improves energy and reduces long-term health costs.

Smart Choices for Healthy Eating on a Budget

Building healthy meals on a budget starts with choosing affordable foods that provide lasting nutrition. Staples like canned or bagged beans, rice, frozen vegetables and whole grains are inexpensive, filling and easy to prepare. Shopping farmers markets, buying store markdowns like day-old meats or breads and freezing items for later can stretch food dollars further.

Learning basic cooking skills also helps and free online videos can guide simple meal preparation. Community programs such as SNAP enrollment and produce incentive programs can help families access fresh foods. With planning and the right resources, healthy eating can be practical and affordable.

Why It Matters

Frequent fast food and processed meals increase the risk of obesity, heart disease, diabetes and high blood pressure. Limited access to affordable healthy foods and cooking knowledge makes balanced eating harder. Over time poor nutrition leads to chronic illness, higher healthcare costs and lower quality of life. Small daily changes can build healthier families and stronger communities.

What You Can Do

- Plan meals ahead and shop with a list.
- Choose low-cost staples like beans rice frozen vegetables and whole grains.
- Look for store markdowns farmers markets or discount produce.
- Learn simple cooking skills through free online videos.
- Explore community resources that help make healthy food more affordable.



<https://www.legacycommunityhealth.org/>



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