

Mac's Monthly Advice!

Hey Everyone! Mac here with a few tips on how to eat healthy, real food on a budget!

When you can, buy in bulk amounts

There are plenty of dry goods that can be had for a good price if you buy them in bulk quantities. Rice, pasta, beans and cereal are great examples of food you can buy a large amount of at once, but can store in your pantry for extended periods without them going bad.

Planning ahead is crucial in your food budgeting

Minimizing food waste is key to maximizing your enjoyment of your food budget. Look at weekly circulars for price specials and plan your meals accordingly for the week.

Stop by your local farmers market

There are often high quality products that can be had for a good price, and you also support local small businesses with your purchases there.

Eat a simple yet nutritious meal every once in a while

So you can splurge a little on meals sometimes as well. A healthy soup or even a peanut butter sandwich can be a nutritious, although not an extravagant choice.

See how green your thumb is

And see what you can grow at home. Veggies, fruits and herbs can all be grown in your own garden, giving you fresh food options to choose from without breaking the bank!



Stay safe!



Eileen Dolaghan, Esq
and Mac!

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