

# Nutritional Wellness on a budget – how to stretch your dollar & support your health at the same time

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When shopping for groceries on a student budget in a market where inflation is always reaching new heights, it's important to shop smartly to be healthy without spending any extra dollars. Here are some tips that I follow as a student:

## 1. Buying frozen vegetables and fruits

Although there are fewer varieties available in the frozen category, there are still plenty of options.

- They are usually cheaper than fresh ones.
- They are equally as nutritious as the fresh ones from the supermarket since fresh vegetables lose some of their nutrients in transportation anyway.
- They last for a long period.

## 2. Buy In Bulk

If your shopping list contains items like nuts, beans, lentils, and grains try to buy them in bulk to save some dollars, since:

- There is no need to keep them in the fridge.
- They have a longer shelf life.

## 3. Shop with a list and budget

This ensures:

- You buy all the necessary items.
- You don't spend on unnecessary items.
- You come prepared and save a lot of time.

## 4. Check for items on sale

There is always something on sale or clearance in stores and supermarkets, and you can easily check for them on their online website or app. Here are the links to some online websites of your go-to grocery stores:

- Walmart- <https://www.walmart.ca/clearance>
- NoFrills- <https://www.nofrills.ca/print-flyer?icta=flyer-homepage-hero-banner-guest>
- Costco- <https://www.costco.ca/coupons.html?langId=-24>
- Real Canadian Superstore- <https://www.realcanadiansuperstore.ca/print-flyer>
- Loblaws - <https://www.loblaws.ca/print-flyer>

## 5. Buy the store brand

Every grocery store has its own brands that can be way cheaper than the name brand. These are the store brands of some of the major superstores so that you will know what you must buy for your next grocery shopping:

- Great Value in Walmart
- Kirkland Signature in Costco
- No Name at Loblaws, No Frills, and Real Canadian Superstore