

Healthy eating adds value to your life



Maintain a healthy weight



Help prevent diabetes, heart disease and certain cancers



Improve mood



Save money on health insurance



Save money on healthcare bills

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**UT Extension
Healthy Families,
Healthy Communities**

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Healthy Families, Healthy Communities

EAT WELL, SAVE WELL, LIVE WELL

Healthy Eating Is a Great Value



Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

Small changes to your eating habits can keep more money in your family's wallet.

Save on both food purchases and potential healthcare costs with healthy, home-cooked meals.



Eating healthy is a great value! Meals prepared at home typically cost less than similar meals purchased in a restaurant.

In addition, meals prepared at home often contain fewer added sugars and fats than meals purchased in a restaurant.

Good health not only saves money on healthcare bills but has benefits that add value to your life that you can enjoy for years to come.

Get the best value

Choose fresh fruits and vegetables that are in-season to save money



Weekly meal plans can help ensure all perishable items are used and don't go to waste



Skip soda and sweets to save money and stay healthy



Freeze meals to prevent waste and save time in the future



Choose nutritious foods on sale to save money

