

Eating well on a budget

You can make delicious, kidney-friendly meals that are affordable too. Meal planning, shopping with a list, and choosing healthy, lower-cost foods are all great ways to stay within your budget.

Budget-friendly tips

Use these tips when meal planning and grocery shopping so you can save money and choose healthy options:



Take time to plan

- Create a menu and write a grocery list of ingredients so you can stay organized and only shop for what you need.
- Check what you already have at home to use in your meal plan.
- Keep it simple! Meals with fewer ingredients cost less but still taste delicious.
- Plan for leftovers by making a larger meal that could be reheated the next day.



Choose lower-cost ingredients

- Go meatless: Try recipes with beans and whole grains that cost less than meat.
- Try a pasta dish with canned tomatoes—they cost less than jarred sauce.
- Use frozen or canned fruits and vegetables—they cost less and don't spoil. Choose "low sodium" or "no salt added" and pick fruits canned in water or 100% fruit juice. Remember to rinse canned foods before use.



Get the most for your dollar

- When it comes to fresh fruits and vegetables, buy just what you need so they don't go bad before you use them. Try to buy "in season" fresh produce—it costs less!
- Buy larger full-size items instead of single servings. Full-size containers of yogurt, applesauce, cheese, and nuts cost less than single-serving packages.
- Choose water instead of more expensive sugary drinks like juice and soda.



We are here to help!

Talk to your care team about more tips for eating well on a budget.