It can be challenging to get enough food or nutrients when money is tight. Here are some tips that could help you eat well on a budget:

1. **Check if you are eligible for Supplemental Nutrition Assistance Program (SNAP; formerly known as food stamps program).**
   - It is a federal program that offers subsidies to get food and produce for your family. Contact your local SNAP office for more information:
   - For current SNAP Electronic Benefit Transfer (EBT) recipients, locate any stores or farmer’s markets that give extra EBT bucks. That means you will get more money to spend on groceries! Another good resource to check is DoubleUp, which will give you more EBT dollars to spend on fruits and vegetables.

2. **Buy frozen and canned vegetables.**
   Frozen and canned vegetables are nutritious and have a longer shelf life! They can be used in soups, stir-fry, stews, etc. If you are concerned about salt intake, rinse canned vegetables under tap water, and that will help take away excess salt.

3. **Freeze leftovers, bread/buns, cooked rice and noodles.**
   This will enhance their shelf life and reduce food waste. You can repurpose these food items into other meals or dishes. They can be reheated on the stove and in the microwave fairly easily.

4. **Buy generic or store brands.**
   Buying store brand items usually costs less when compared to name brands. Staples like oil, frozen vegetables, milk or non-dairy beverages and spices, are usually available in generic or store brand versions.

5. **Look for discounted food sections at your grocery stores.**
   Sometimes you can find “ugly” fruits and veggies that are of cheaper prices. Just make sure not to buy ones that are moldy or past the “best-by” dates. Food safety comes first!

6. **Grow herbs that are commonly used in AA and NH/PI diets.**
   Some herbs grow well indoors, including green scallions, cilantro, lemongrass, mint and ginger. That could save some money when you grow your own!