

13 Ways to Save Money on Food During Cancer Treatment



Eating well during cancer treatment is important — but we know that high food costs, busy schedules, and treatment side effects can make it hard to keep up. When you have the time and energy, these tips will help you save money on food for you and your family.

- 1 Get the best grocery deals.** Grocery coupons expire the same day new ones go out, so you can shop on an overlapping day to get sale prices from both flyers. Find more savings on apps like Ibotta, Shopkick, Checkout 51, and your local grocery store chain.
- 2 Shop with sales in mind.** Eating on a budget can still have variety — plan your meals around what's on sale that week to spend less while keeping the menu interesting.
- 3 Time your shopping carefully.** Shop on Wednesdays when deals are at their peak and shelves are restocked for the best options and lowest prices.
- 4 Buy items in bulk and freeze the extras.** If your budget allows, there are times when buying more can save you money — especially when there's a sale! When there's a deal on buying two instead of one, get both and freeze one for later.
- 5 Be thrifty in the kitchen.** Try cost-effective meals like chili, soup, and one-pot pasta or stir-fry. A store-bought rotisserie chicken also goes a long way — serve with vegetables for dinner, put leftovers on sandwiches, and use the bones to make homemade stock.



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Make your snacks. Instead of spending extra money on pre-packaged items, buy a big bag of snacks like carrots or pretzels and portion them yourself. Invest in reusable snack bags for extra savings in the long run.

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Pick seasonal produce. Fruits and vegetables cost more when they're out of season. Plan your shopping list based on the time of year for the most affordable — and tastiest — produce.

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Try curbside pickup. Shopping on your store's website or mobile app can save you money and time. Plus when you don't go into the store, you can skip the temptation of buying unnecessary items.

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Choose the right brands. Most of the time, generic versions of brand-name products are made in the same facilities yet have a smaller price tag. The most expensive items will also be at eye level, so shop the top and bottom shelves for more affordable options.

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Get the most out of dining out. When eating out, try the kid's menu for surprisingly reasonable portions at half the price! Alternatively, go to all-you-can-eat buffets or order larger portions so you can bring home leftovers.

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Pay with cash. When grocery shopping, set yourself a budget and bring that amount with you in cash to avoid overspending. Use a calculator while you shop to keep track — round up to be safe! When dining out, many restaurants give discounts when you pay with cash.

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Ask your care team about food assistance. They can help you sign up for food assistance programs like SNAP and WIC, plus your treatment center may have food banks or cafeteria vouchers.

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Let friends and family lend a helping hand. Dropping off homemade meals and groceries is an easy way for loved ones to help you save time and energy. Your community may also have resources like discount grocery stores, food pantries, and community fridges that are there to help.