

## Gluten-Free Shopping on a Budget

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**One of the biggest fears people have on a gluten-free diet is cost.** People talk about how expensive eating gluten-free is. The reality is that eating gluten-free doesn't have to break your bank account. Keep in mind that a gluten-free diet will improve your health and keep you out of the doctor's office and off of medications. This alone will save you thousands of dollars a year.

The average person is on 5 prescription medications. Calculating the cost of these medications plus doctor visits, lab tests, and other medical procedures every year, the average U.S. citizen spends more than \$8,000 annually. How much good quality food will \$8,000 buy? LOTS! That's \$667 a month!

You could also stop eating out, because it's more expensive, the food is not as healthy, and you always run the risk of gluten cross contamination.

- **Shop online** – you can find good deals on gluten-free products at [www.Amazon.com](http://www.Amazon.com), [www.vitacost.com](http://www.vitacost.com), and [www.glutenfreesaver.com](http://www.glutenfreesaver.com)  
If you buy through [www.ebates.com](http://www.ebates.com), it has additional discounts and shipping codes. Plus, you can earn cash back for online purchases.  
[www.LuckyVitamin.com](http://www.LuckyVitamin.com) has a good selection of GF products and vitamin supplements as well as [www.The BetterHealthStore.com](http://www.TheBetterHealthStore.com)
- **Website coupons** – Search for your favorite brands on websites and Facebook pages. You can usually find coupons and special offers. If you write to the companies about the products you love they'll usually mail you coupons as well.
- **Price match** – Some stores allow you to bring in a competitor's ad and they will match that price.
- **Mailers** – Look for store ads that come in the mail. Many times seasonal organic produce and meat will go on sale for a much cheaper price. When they go on sale, buy them in bulk and freeze them. Don't forget to cut them into small pieces. This ensures you spend less money and have a steady supply of healthy food year round.
- **Bulk shopping** – It's always cheaper to buy in bulk. Also, consider joining a co-op.
- **Farmers markets** – The food is almost always cheaper when you buy directly from the farmer. Farm Co-ops are another option. You can sign up for a co-op and have fresh, local, organic produce delivered to your door for about half the price as the grocery store charges. A great resource for finding local farmers markets or co-ops is [www.LocalHarvest.org](http://www.LocalHarvest.org)
- **Tax deductions** – Individuals diagnosed with celiac disease may be able to receive tax deductions for expenses associated with gluten-free foods and products.  
Visit [www.CeliacCentral.org/shopping/tax-deduction-guide-for-gluten-free-products](http://www.CeliacCentral.org/shopping/tax-deduction-guide-for-gluten-free-products)