

ALL ABOUT HEALTH

Here are
some budget
friendly tips
for eating
right!

Eating *Healthy* on a **Budget**

1. COOK MORE, EAT OUT LESS

- Many foods can be prepared for less money (and more healthfully) at home
- Pre-packaged foods can add up when you calculate the cost per serving
- Save eating out for special occasions

2. PLAN WHAT YOU'RE GOING TO EAT

- Plan meals before you shop
- Review recipes and make a grocery list of the ingredients you need
- Only purchase items on your shopping list

3. DECIDE HOW MUCH TO MAKE OR BUY

- Make large batches by doubling a recipe to save time
- Extra portions can be used for lunches or frozen for future use

4. DETERMINE WHERE TO SHOP

- Check for sales and coupons for the more expensive items
- Compare prices of different brands and also different sizes of the same brand

5. SHOP FOR FOODS THAT ARE IN SEASON

- Fresh fruits and vegetables that are in season tend to be less expensive
- Frozen and canned produce may be more affordable at certain times of the year

6. FOCUS ON NUTRITIOUS, LOW-COST FOODS

- Make the most of your food dollars by finding recipes that use beans, peas, and lentils; sweet potatoes; eggs; peanut butter; canned salmon, tuna, or crabmeat; grains such as oats, brown rice, barley, or quinoa; and frozen or canned fruits and vegetables

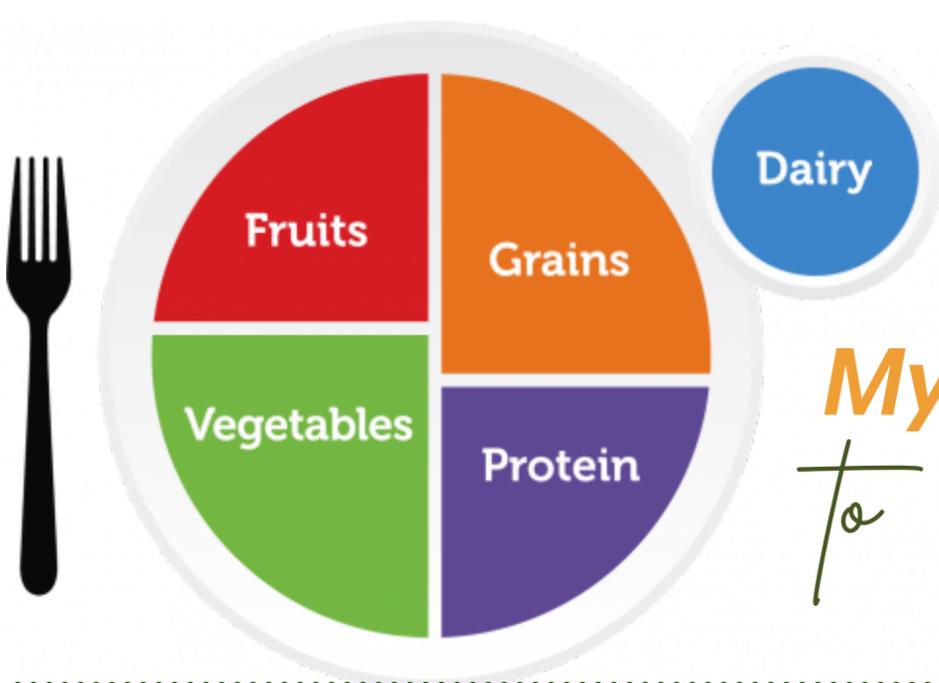
7. START A GARDEN OR SHOP FARMER'S MARKETS

- Gardens are affordable ways to eat more fruits and vegetables
- Farmer's markets offer locally grown fruits and vegetables that are often available for less money than at grocery stores

8. QUENCH YOUR THIRST WITH WATER

- Tap water is a low-cost way to stay hydrated
- Substituting plain water in place of sweetened beverages saves money and helps reduce extra calories from added sugar





MyPlate Guide to healthy eating



Make 1/2 your plate fruits and vegetables: **focus on whole fruits**

- Choose whole, cut, or pureed fruits: fresh, frozen, dried, or canned in 100% juice
- Enjoy fruit with meals, as a snack or dessert



Make 1/2 your plate fruits and vegetables: **vary your veggies**

- Add fresh, frozen, or canned vegetables to salads, sides, and main dishes
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw



Make 1/2 your grains whole grains

- Look for whole grains on the ingredient list: try oatmeal, popcorn, quinoa, brown rice or bread, crackers and noodles made with whole-grain flours
- Limit grain desserts like cakes, cookies, and pastries



Vary your protein routine

- Mix up your protein foods to include seafood, beans, peas and lentils, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry
- Try meatless meals made with beans
- Have fish or seafood twice a week



Move to low-fat or fat-free dairy

- Choose fat-free milk, yogurt, cheese, and calcium-fortified soymilk to reduce saturated fat intake
- Limit sour cream and heavy cream



Limit foods and beverages with less added sugars, saturated fat, and sodium



KEEP IT MOVING



Towards A Healthier You

**60
minutes
per
day**

MODERATE ACTIVITY

Being physically active doesn't mean you have to sign up for gym membership. Being active is all about moving and increasing your heart rate. Activity can be portioned throughout the day to meet the recommendation:

- one 1hr activity
- two 30min activities
- four 15min activities

START TAKING BABY STEPS

Small changes can be made to slowly incorporate more physical activity into your day. You can work your way up to achieving intense activity.

Start by:

- taking the stairs
- parking further away from entrances
- dancing to your favorite tunes



TAKE IT OUTDOORS

It is easy to get distracted while being active at home. If you lose motivation while indoors, take your activity outside. You can:

- ride a bike
- go for a walk in your neighborhood
- go for a swim

CHORES COUNT AS EXERCISE!

Do you dread exercise as much as chores? If so, you're in luck. Since some chores are intense enough to be considered exercise, you can kill two birds with one stone.

- mowing the lawn
- mopping floors
- deep cleaning the bathtub



Kids

KEEP IT MOVING



Towards A Healthier You

**60
minutes
per
day**

YOU'VE GOT TO MOVE IT!

Being physically active has been shown to:

- boost mood
- sharpen focus
- improve sleep
- reduce stress

READY, SET, PLAY

Put the devices away, it's time to play! Playing games is a great way to be active. Grab some friends and have them join in:

- jumping rope
- foot races
- dodge ball



TAKE IT OUTDOORS

Sometimes we need a break from the indoors. Take your fun outdoors and get a breath of fresh air by:

- riding a bike
- going for a walk
- going for a swim
- skating

CHORES COUNT AS EXERCISE!

Do you dislike exercise as much as chores? Some chores count as exercise, like these:

- mowing the lawn
- mopping floors
- raking leaves
- washing the car





CUTTING DOWN *Food Waste*

In the United States, 30%-40% of the food supply ends in food waste. Reducing food waste not only saves you money, it also conserves energy and resources.

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DON'T OVER BUY

Buying in bulk may seem like a way to save money, but it could actually cost you more because of food waste. When you over buy, foods are more likely to go to waste if you can't eat them in a timely manner.

SAVE LEFTOVERS

Leftovers can be saved and eaten for lunch or dinner another day. Leftovers can be packed and given to a family member or neighbor.

LEARN TO PRESERVE

To make food last longer, try pickling in brine or vinegar, drying, canning, fermenting, freezing, or curing foods. Doing this will reduce food waste and provide a delicious long-lasting treat.

BE MINDFUL OF SERVINGS

Reducing your serving sizes will reduce the amount of food being thrown away when you reach fullness.

UTILIZE YOUR FREEZER

Refrigerators are only capable for keeping your foods fresh for short period of time. When certain foods are frozen properly, their shelf-life is extended, meaning you can enjoy them weeks after purchasing.

MAKE YOUR OWN STOCKS

Vegetable scraps may be sautéed with olive oil and then simmered in water for a flavorful vegetable broth.

STORE FOOD PROPERLY

Not all foods should be stored in the same conditions. Foods that should be stored at room temperature include potatoes, tomatoes, garlic, cucumbers, and onions. Some foods may cause others to spoil more quickly when stored next to them. Foods such as potatoes, apples, leafy greens, berries, and peppers should be kept away from bananas, avocados, tomatoes, cantaloupes, peaches, pears, and green onions.