

NUTRITION 2016 | Department Huddles

Healthy Eating on a Budget

Plan

- Stock up on staples when they are on sale
- Use same ingredients for multiple meals
- Take advantage of sales and coupons
- Make sure to:
 - Include foods from all food groups
 - Plan based on your schedule
 - Plan based on what you have in your refrigerator and pantry
- Have different foods represented at each meal
 - Breakfast: whole grain, low-fat dairy, lean protein and fruit
 - Lunch: Fruit, vegetable, whole grain and lean protein
 - Drink: low-fat milk or water
 - Dinner: Vegetable, whole grain, lean protein and low-fat dairy

Grocery List

- First take an inventory
 - Check pantry, refrigerator and freezer
- Organize list based on store layout
- Copy list for future weeks
- Don't shop when you are hungry – you'll tend to buy more
 - Eat a small snack before you go to the store
- Shop around the perimeter

Purchase

- Stick to your list
- Sign up for loyalty programs
- Give yourself time to shop
- Look high and lower for better deals
- Buy produce in season
- Avoid pre-washed, pre-cut items
- Buy fresh
- Consider buying store-brand version

Prepare

- Prepare items on the weekend for the upcoming week
- Examples:
 - Produce: wash, cut and store (in plastic containers)
 - Whole grains, beans and lentils: cook in bulk to use during the week
 - Meat: cook in the crockpot and shred to use throughout the week

Tips

- Take your time
- Reduce waste
 - Plan to use perishable items early in the week and save heartier items for later on
- Repurpose
 - Cooked meat and veggies can be made into other dishes

