

# Eating Right Without Breaking the Bank

*Below are a few tips to help you stretch your shopping dollar and take a giant step closer to becoming a healthier you!*

## 1. Make a Game Plan, But be Flexible



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Making a plan can seem daunting at times, but start off small. Think about healthy breakfast options or what kind of protein foods you would like to snack on throughout the week. You can even check out healthy recipes that you want to try and form your shopping plan around them. Be sure to take note about what foods you already have, to avoid buying extra of an item you already have in stock.

Planning ahead for what you are going to eat can take away some of the stress of shopping by helping you navigate through the grocery store. But if you find a great deal on a healthy item, you can always adapt your budget later on. But be sure to remember that not all sales are beneficial. Don't be tempted by the junk food that is on sale just because its cheaper this week".

## 2. Pick Places to Shop

Search for the sales! Look at local newspapers, coupon books, Apps and online for upcoming deals at your local store. This can be especially helpful with the more expensive items such as protein foods and locally grown fruits and vegetables.

Use your detective skills and pay attention to the unit price (this value is usually located on the shelf directly below the product). Use that number and compare the prices of different brands and size variations of the products to see which has the lowest unit price. There are even places with reputations for lower priced items such as Aldi, Lidl, Ollie's, Walmart, and local produce stands. For your supplement needs, check drugstores and whole sale stores (i.e. Costco, BJ's, Sam's Club). It may be beneficial to join one of these stores and share the membership fee and food with a food-shopping buddy!

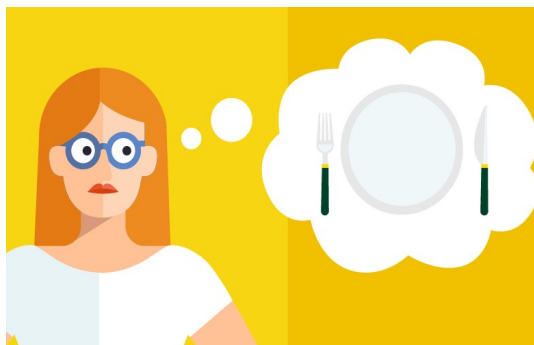


www.meijer.com

## 3. Don't Forget Your Shopping List

Your list is essential when shopping, whether it's on your phone or scribbled on a piece of paper. A shopping list will keep you focused and on track in the aisles because you know exactly what you're looking for and what aisles to go to. Usually its best to shop the perimeter of the store - that is where the healthy foods are located.

With a list of the items you need you're less likely to make impulse purchases such as cookies, chips, ice cream, or whatever the grocery store may be marketing that week. You not only save money from not making unneeded purchases, but you save time while shopping!



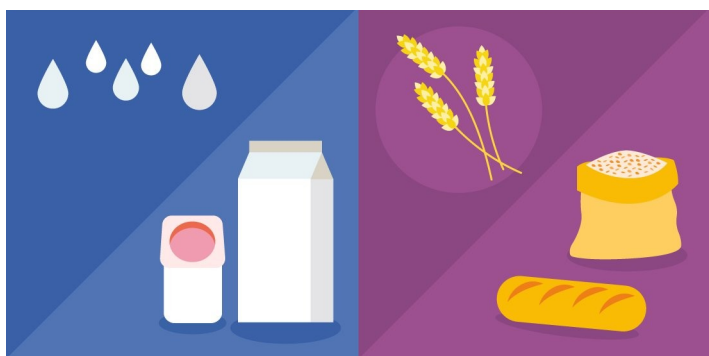
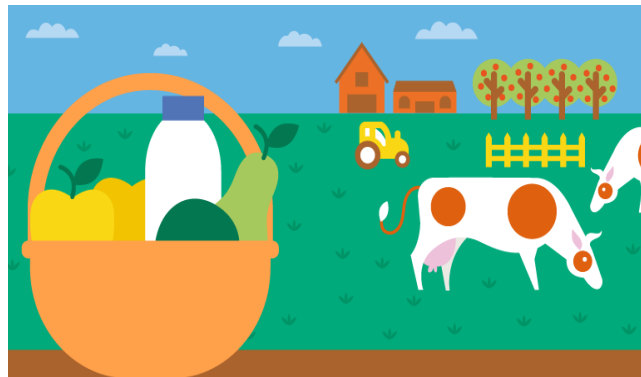
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## 4. Search for In Season Foods

When shopping for fresh produce, fruits and vegetables that are in season are usually easier to find and tend to be a lot less expensive.

As mentioned, you don't have to just stick to grocery stores. Check around your community for local farmer's markets to purchase freshly grown produce. The key when buying your fresh produce is selecting a small amount at a time to avoid spoilage and having to throw your food away.

Another option is to check for a Community Supported Agriculture (CSA) in your area which allows consumers to subscribe to the harvest of a certain farm/group of farms. A CSA typically has high quality, nutritious foods at a cheaper price than grocery stores. If you receive more produce than you can eat in a week's time, consider splitting the delivery (and cost) with a friend or neighbor!



## 5. Grab Generic Brands

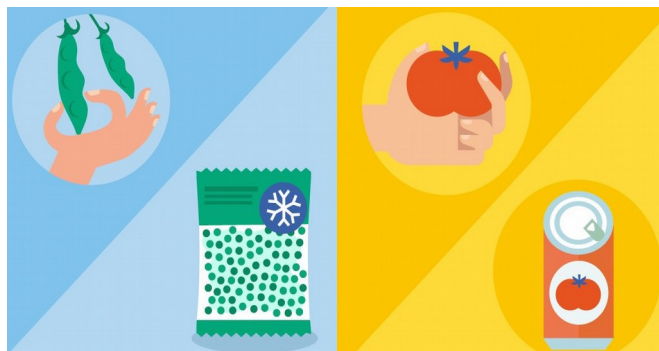
Generic brands may not have the fancy labeling like our favorite go-to brands, but they're a lot cheaper and tend to be on sale.

We may be loyal to certain brands, but try the taste test! Take the generic brand and the name brand equivalent and see if you can taste the difference. Most times you won't even be able to tell them apart. Generic brands offer a way to enjoy favorite *nutritious* foods and snacks while saving money.

## 6. Try Frozen or Canned Produce

Frozen and canned produce offer nearly the same nutritional benefit as fresh produce, plus are easier to store for longer periods of time. Access to fresh produce during certain times of the year may be limited and prices can rise based on availability and season, but frozen and canned produce are available year round!

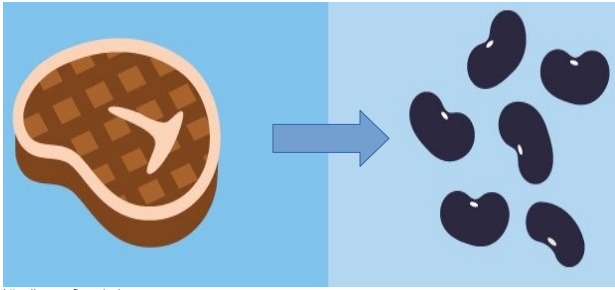
Be sure to pay attention to the labels of your packaged items. Choose fruit that is canned in water and pick vegetables without added sauces with the "low sodium" or "no salt added" phrase on the label.



## 7. Replace Meat with Other Protein Sources

Meat, poultry, and seafood can get expensive and prices can vary depending on what cut and type you buy. When possible, try using non-meat protein sources such as soy beans and legumes. Eating plant-based proteins to meet your daily protein goal will not only increase your savings, but increase your consumption of nutrient packed plant foods.

Eggs are also a great protein food. They're inexpensive and can be eaten at any meal. Consider limiting yourself to 1-2 whole eggs per day in order to cut down on cholesterol intake, then add egg whites if a larger portion is desired.



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## 8. Buy Only What You Need

We often don't think of the food we waste when we are in shopping mode. But the truth is, in 2018 the United States wasted roughly 1.3 billion tons of food which cost consumers nearly \$990 billion dollars. <sup>2</sup>

You can cut your food waste cost simply by buying only what you need for the week. Organize your pantry/refrigerator so that you're less likely to forget about foods, resulting in spoilage.

If you're using plastic ware for storage, be sure to give it a label stating what it is and when you need to use it by. By paying attention to your food waste, and buying only the items that are needed, you'll save money in the long run!



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## 9. Start Cooking

The cost of eating out can add up quickly; convenience costs money! By cooking your own meals and snacks you not only do well by your budget, but you can control what goes into your food! Many foods prepared at home are often cheaper and more nutritious.

Along with controlling the ingredients you add, you can also regulate portion sizes. Try making healthy homemade snacks such as a nut trail mix, raw veggies sticks, or lettuce wraps and putting them into single serving containers or bags. The best part about making what you eat is that you get to be creative! You can play around with different foods and recipes to find what you and your family enjoy. For new recipe ideas check the smart phone App, Baritastic.



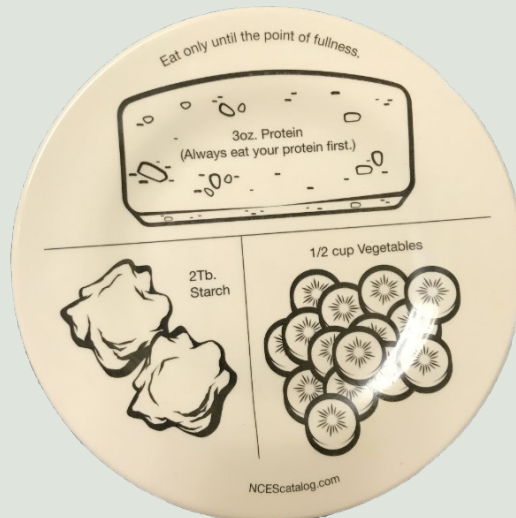
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## 10. Pay Attention to Portion Size

Eating more of any certain food, no matter the cost, results in extra money spent. Regulating your portion size doesn't just help you stay within your budget, it also helps with weight control by preventing overeating. Use smaller plates, bowls and glasses to keep your food portions in check.

- Eat only until the point of fullness

- Always eat your protein first



- 3 oz. Protein

- 1/2 cup Vegetables

- 2 Tb Starch

Eating a wide variety of nutritious foods will provide you with all the nutrients you need to sustain your energy and overall health. Be sure to keep the bariatric food model in mind when building your meal by making half your plate protein and the other half whole grains and non-starchy vegetables. With this model you'll be able to eat a balanced meal, in a controlled portion, while also keeping costs down.

**There are so many ways to stick to a budget while eating nutritious foods! With a little bit of time, effort, and planning you will be able to see the savings, while consuming a more nutritious diet!**

### Resources:

1. By Your Weight Matters Campaign. "8 Steps for Eating Healthy Without Breaking the Bank." Your Weight Matters, 23 Mar. 2016, [www.yourweightmatters.org/eating-healthy-without-breaking-the-bank/](http://www.yourweightmatters.org/eating-healthy-without-breaking-the-bank/)
2. Rdt. "A 2018 Update on Food Waste." A 2018 Update on Food Waste, solutions.rdtonline.com/blog/2018-update-on-food-waste.
3. "10 Tips for Eating Healthy Without Breaking the Bank." Roswell Park Comprehensive Cancer Center, [www.roswellpark.org/cancertalk/201704/10-tips-eating-healthy-without-breaking-bank](http://www.roswellpark.org/cancertalk/201704/10-tips-eating-healthy-without-breaking-bank).
4. "Eating Right on a Budget." Eat Right, The Academy of Nutrition and Dietetics, [www.eatrightpro.org/-/media/eatrightpro-files/career/career-development/flyers-and-handouts/eating\\_right\\_on\\_a\\_budget.pdf?la=en&hash=A27E1F99F434E0553C5D04DA04F1805E352454AF](http://www.eatrightpro.org/-/media/eatrightpro-files/career/career-development/flyers-and-handouts/eating_right_on_a_budget.pdf?la=en&hash=A27E1F99F434E0553C5D04DA04F1805E352454AF).