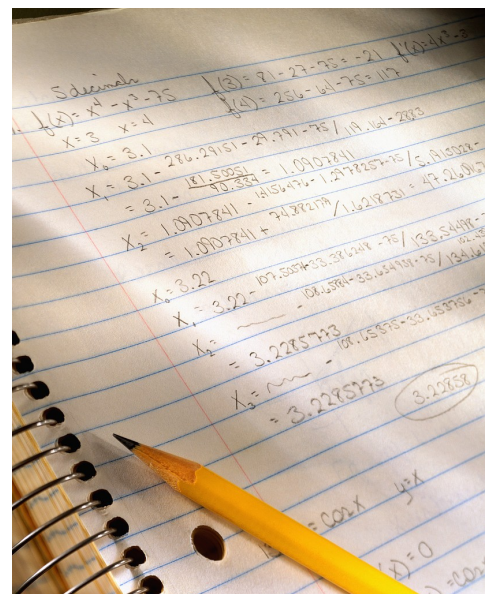


# Eating Healthy on a Budget: The 3 P's

Eating healthy doesn't have to break the bank. Follow these simple steps to a healthier, wealthier lifestyle.

## Plan

- ◆ Plan meals and snacks for the week according to an established budget.
- ◆ Find quick and easy recipes online.
- ◆ Include meals that will “stretch” expensive food items (stews, casseroles, stir-fried dishes).
- ◆ Make a grocery list.
- ◆ Check for sales and coupons in the local paper or online and consider discount stores.
- ◆ Ask about a loyalty card at your grocery store.



# Purchase

- Buy groceries when you are not hungry and when you are not too rushed.
- Stick to the grocery list and stay out of the aisles that don't contain items on your list.
- Buy store brands if cheaper.
- Find and compare unit prices listed on shelves to get the best price.
- Purchase some items in bulk or as family packs which usually cost less.
- Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more than those that require a bit more prep time.
- Good low-cost items available all year include:
  - o Protein — beans (garbanzo, black, cannellini)
  - o Vegetables — carrots, greens, potatoes
  - o Fruit — apples, bananas



# Prepare

- ◆ **Some meal items can be prepared in advance; pre-cook on days when you have time.**
- ◆ **Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.**
- ◆ **Try a few meatless meals by substituting with beans and peas or try “no-cook” meals like salads.**
- ◆ **Incorporate leftovers into a subsequent meal.**
- ◆ **Be creative with a fruit or vegetable and use it in different ways during the week.**



Created by AmeriCorps Member Amy Houser

Adapted from USDA ChooseMyPlate.gov

