

★ 10 Tips for Eating Better on a Budget



Maricopa County
Department of Public Health
Office of Nutrition and Physical Activity



MyPlate



- Eating better implies making healthier choices
- MyPlate helps guide those choices



Choose **MyPlate**.gov



10 Tips for Eating Better on a Budget



1. Planning
2. Getting the best price
3. Comparing and contrasting
4. Buying in bulk
5. Buying in season
6. The cost of convenience
7. Typical low-cost foods
8. Cooking once... eating all week!
9. Getting creative
10. Eating out



Planning: Making the menu and shopping list



- **First Do an Inventory Check**

- Look through the pantry & fridge
- List any missing staple items

- **Check the grocery ads**

- Flyers, on-line, grocery store apps
- Check for coupons on foods regularly purchased
 - Store coupons and manufacturer coupons



- **Plan menus**

- Select recipes that include sale items and use what is available in the pantry and fridge

Planning: Making the menu and shopping list



Plan Meals for the Week

- Plan to make 4-5 meals
- Leave 2-3 days empty
- Go back & add side dishes to main dishes already planned.
 - This is a great time to add lots of fruits & vegetables!



Planning: Making the menu and shopping list

- **If the budget allows...**

- Purchase extras of the items on sale
 - Double a recipe and freeze food for later
- and
- Buy only the amount of fresh food you can use before it spoils



Shopping Tip!



Shop the Perimeter

- You can go around the entire perimeter of the store and find all the healthy & basic foods you need:
 - **Fruits & Vegetables**
 - **Meat, Poultry & Fish**
 - **Dairy Products**
- Most of the highly processed foods & high fat snacks are located in the middle

Planning: Making the menu and shopping list



Remember to keep healthy snacks at home

- Make baggies of fresh fruits and veggies, nuts, seeds, low-fat cheese, yogurt, whole wheat crackers
- Do this instead of buying more expensive, less healthy, packaged snacks & save money



Get the Best Price



- Use store loyalty cards
- Go early!
 - Grocery stores tend to mark down soon-to-expire items, and these items go quickly!
- Be aware of sale items at end of aisles
(these tend to be less nutritious items)

Get the Best Price



- **Couponsing!**
 - Keep your coupons organized
 - Pull the coupons that you know you will use
 - Coupons aren't always your cheapest option!



Grocery Shopping Tips



Use the unit price to find the best deal

- Larger sized items are not always the best buy
- The unit price tells you the cost per ounce, pound, or pint, so you'll know which brand and size are best to buy.

USE UNIT PRICING TO SELECT THE BEST VALUE.

50820
MTS160
1
11/22/05

HAM

9 OZ

UNIT PRICE
0.388
PER OZ

Cur Low Price
3.49

447000304

size of the package of food

price per ounce

price of the package of food

Grocery Shopping Tips

Use the unit price to find the best deal

- TOMATO SOUP 16oz
ITEM PRICE
\$1.44
- TOMATO SOUP 32oz
ITEM PRICE
\$3.20



**What is the cost per unit?
What is the better deal?**

Grocery Shopping Tips

Use the unit price to find the best deal

- TOMATO SOUP 16oz
ITEM PRICE
\$1.44

- UNIT PRICE
\$.09 / oz

- TOMATO SOUP 32oz
ITEM PRICE
\$3.20

- UNIT PRICE
\$.10 / oz



Buy in Bulk



- Almost always cheaper to buy foods in bulk
 - Buy large packages of meat, poultry or fish and freeze in meal-sized portions
- Load up on foods that can be stored longer such as frozen vegetables and fruits, dried beans, and whole grain pasta



Buy in Season



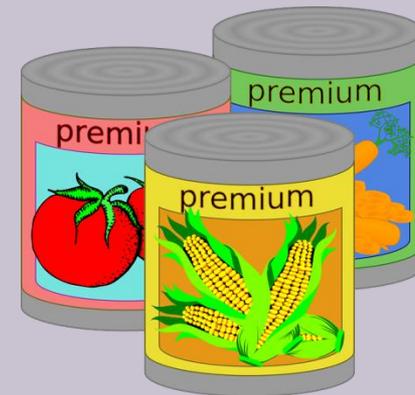
- Purchase fresh fruits and vegetables in season
 - Less expensive
 - Fresher
- Visit a farmers' market
 - <http://www.arizonafarmersmarkets.com/>
- If not using them right away, buy some that still need time to ripen



Buy in Season



- Canned and frozen fruits and vegetables are always “in-season”
 - Frozen and canned fruits and vegetables are often picked and packed at the peak of freshness
 - Not “time-sensitive”
 - Often comes pre-chopped and pre-cooked which saves time on preparation
 - Reduces waste



Convenience Costs



- Foods like frozen meals, pre-cut produce, and instant rice, oatmeal, or grits
- Take the time to cut and prepare foods on your own to save money!



Easy on the Wallet



- Some foods are typically low-cost options all year round.
 - Generally beans, carrots, greens, potatoes, apples, and bananas



Grocery Shopping Tips



- Don't shop when hungry!
 - Have a snack or meal before grocery shopping



Get Your Creative Juices Flowing!



- Spice up your leftovers!
- Let's say you buy a whole chicken and make roasted chicken with vegetables one night.
 - What can you make with the leftover chicken?
 - What could you make with the leftover vegetables?



Eating Out



- Eating out can be expensive
- Lunch is usually less expensive than dinner
- Look for 2-for-1 coupons
- Stick to water
- Split a meal



Healthy Recipe Ideas



- www.eatwellbewell.org
- www.nutrition.gov/shopping-cooking-meal-planning/recipes

Questions?



Ask the Nutritionist Hotline



Free Nutrition and Food Information from an Expert!

Call (602) 506-FOOD
(3663)

nutrition@mail.maricopa.gov



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