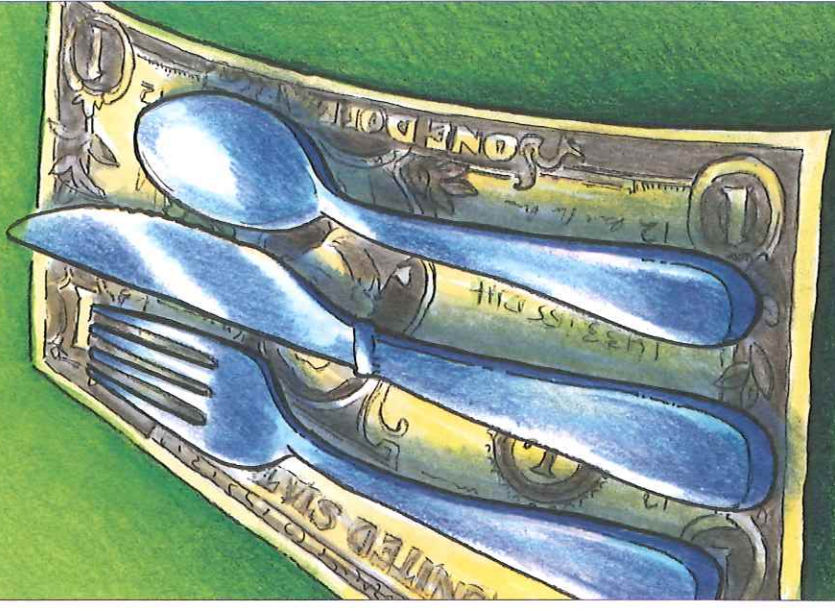


# Healthy Eating on a Budget



Will eating more vegetables, whole grains and other healthy choices break your budget? It doesn't have to. Look inside for ways you and your family can have a healthier diet for less. Your health and your budget will both benefit.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Written by Nancy Calhoun.  
Designed by Eva Bernstein. Illustrated by Meg Biddle.  
Special thanks to our medical, professional and audience reviewers.

©2009 Journeyworks Publishing. All rights reserved.  
Please do not duplicate. Printed on recycled paper.  
English Title #5596 (Rev. 1/12) ISBN 978-1-56885-596-7  
Spanish Title #5708 ISBN 978-1-56885-708-4

For ordering information contact:  
**JOURNEYWORKS PUBLISHING**  
P.O. Box 8466 • Santa Cruz • CA 95061  
800 • 775 • 1998 [www.journeyworks.com](http://www.journeyworks.com)

## Home cooked meals can be healthier and cheaper.

- ✓ Cook meals from scratch.
- ✓ Simple, healthy ingredients will boost your nutrition and save you money.
- ✓ Use recipes that include whole grains, fruits, vegetables and lean protein.
- ✓ Pack your lunches, snacks and drinks to take with you.



A little planning can go a long way toward stretching your food dollars – and helping you feed your family healthy meals.

Eating more fruits and veggies, whole grains and other healthy foods doesn't have to break your budget. Here are tips to make your food dollars go further without giving up the healthy foods that you and your family need.

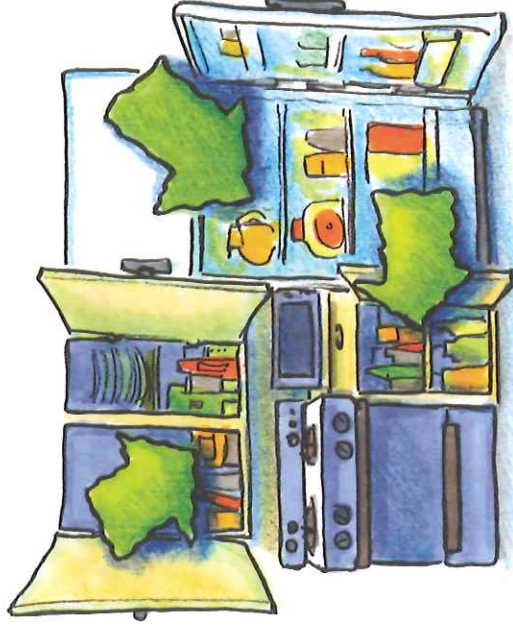
### Planning can help keep money in your wallet.

- ✓ Plan your main meals for the week.
- ✓ Cook enough for leftovers for lunch or another meal.
- ✓ A healthy diet includes whole grains, fruits and vegetables. Plan your meals around these foods.
- ✓ Red meat can be expensive. Try beans and rice, tofu, chicken and turkey. They cost less and are healthier.



### Use what's on your shelves.

- ✓ Plan meals around foods that you already have on hand.
- ✓ Plan ways to use leftovers and other foods before they spoil. Throwing away food that has gone bad is like throwing your money in the garbage can.



### Before you shop, look for coupons and sale items.

- ✓ Look in the paper for weekly specials and coupons for the healthy foods on your list.
- ✓ When there is a sale for an item that you regularly use, stock up.
- ✓ Don't drive to lots of stores to get the deals – what you spend on gas may cancel any savings you could gain.
- ✓ Don't buy things you may not eat or that aren't healthy just because they cost less.

### Take your list and these tips shopping:

- ❑ Don't shop when you are hungry; you may be more likely to buy things you don't need.
- ❑ Look for generic or store labels; they often cost less.
- ❑ Buy in bulk if you will use the larger amounts.
- ❑ Avoid junk food, processed food and pre-prepared foods (like chips, cookies and frozen pizzas). They often cost more and may be high in fat, sodium, sugar and extra calories.
- ❑ Remember, food at convenience stores costs more than at regular markets.
- ❑ Buy produce in season.
- ❑ Buy locally grown food if possible. Shipping produce from far away adds to its cost.
- ❑ Can't get fresh produce? Frozen fruits and veggies are a good option.

