

Eating Healthy on a Budget

Eating healthy can sometimes seem overwhelming, from the high costs of healthy foods and more time spent on cooking and shopping. **Here are some tips to make eating healthy easier and budget-friendly.**

Focus on meal planning



Plan your meals ahead of time to make shopping easier!

Figure out what you would like to eat and how many times you want to eat it. Pick 2-3 simple recipes you want to try and eat for that week. Cook everything at the start of the week. This will save you time.

Stick to your grocery list



Grocery stores are often designed in a way that makes the less healthy, more expensive brand items more tempting.

Having a list will prevent you from walking around and choosing whatever you want. Avoid going to the store when hungry. You will buy more things you don't need.

Choose generic foods



Buy generic (store) brand foods instead of name brands.

Generic brand foods are often just as good and come at a lower price point.

Buy produce within budget



Buy canned or frozen produce. For fresh produce, buy what is in season.

Canned and frozen produce are harvested and preserved during peak season. You will get equally fresh, ripe product for a lower cost. Try to choose low-salt options/frozen veggies without sauces. You can also buy local, seasonal fresh produce to save money.

Look out for coupons



Often your favorite products will go on sale.

Find coupons in newspapers, online, and on the back of grocery receipts.

Buy unprepared foods



Buy whole, unprepared foods instead of precut, prepared foods.

Precut fruits and veggies, shredded cheese, broken down meat (like chicken) and/or prepared foods from hot bars tend to be more expensive.

Consider alternate proteins



Meat can sometimes be on the pricier side.

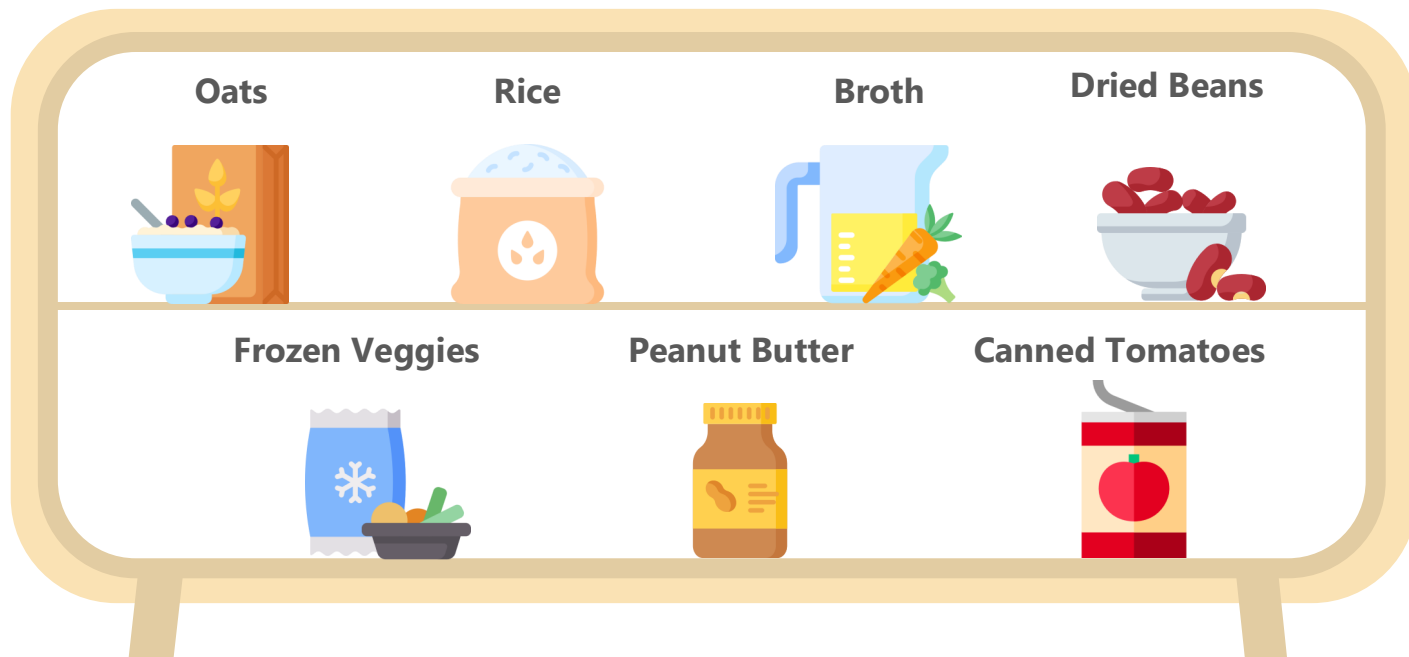
You can get good amounts of protein from eggs, beans, and legumes.

Cook at home



Restaurant food is often expensive and filled with extra fat, salt, and sugar.

Wallet-Friendly Pantry Items



Try This Recipe!

Pantry bean and potato stew

Makes 4 servings

What you'll need*:

- 3 tablespoons olive oil
- 5 cloves of garlic
- 1 yellow onion
- 1 red bell pepper
- 1 carrot
- 2 large Yukon potatoes
- 2 teaspoons sweet paprika
- 2 15-ounce cans white beans
- 3 cups frozen spinach
- 6 cups of water
- Salt/pepper, to taste

How to make:

1. Drain and rinse beans under cold water. Set aside.
2. Cut potatoes into 1/2 inch thick pieces. Dice peppers, carrot, and onion. Mince garlic cloves.
3. Heat large stock pot over medium heat. Add olive oil. Add onions, bell pepper, and garlic. Cook for 3 minutes.
4. Add carrots, drained beans, and potatoes into the pot. Season with paprika, salt, and pepper. Stir to combine.
5. Add water. Raise heat to medium-high. Once boiling, turn heat down and cover. Simmer for 25 minutes.
6. Remove lid and add spinach. Stir to combine. Cook for 2 more minutes. Serve hot.

*You can swap out/add in other veggies and seasonings with whatever you have on hand, such as canned tomatoes, broth/bouillon, sofrito, or other root veggies in place of the potatoes.

Talk to your CHN nutritionist if you have more questions!