

How to Eat & Shop on a Budget, Nutritiously!



FOOD SHOPPING TIPS

- \$ **Plan your meals for the week - make a week long menu.**
- \$ Use your menus to create a shopping list - check what is already in the cupboard.
- \$ Use coupons, grocery ads and add sale food into your meal planning.
- \$ **Eat before you go to the store.**
- \$ Select a variety of different foods.
- \$ Shop the perimeter of the grocery store where produce, dairy, eggs, low-fat meat and fish are located first and then add other foods.
- \$ **Include canned beans, chicken, fish, and tomato sauces in your cart.**
- \$ Begin your shopping at the produce area - select something from each of the "5" colors.
- \$ Choose "real" foods —100% fruit juice & 100% whole-grain items.
- \$ **Stay clear of foods with cartoons on the label that are targeted to children (junk food) like cereals & breakfast bars.**
- \$ Avoid foods that contain more than five ingredients, artificial ingredients, or ingredients you can't pronounce.

Eating at home saves money and health!
Get to know your family at the "kitchen table".
Kitchen table idea (recipe) and cost on back of this sheet.

Cheap, healthy, nutritious foods under a \$1.00 (buck)

Fast Foods costing "Big Bucks"?

<u>Food</u>	<u>Price/serving (s)</u>	<u>Fast Food</u>	<u>Price/meal</u>
Brown rice	\$0.19 per 1/4 cup	Subway	\$7.20 for combo meal*
Whole grain pasta	\$0.56 per 3/4 cup	12 inch Tuna on wheat	
100% whole grain bread	\$0.14 per 1 slice	Bag of chips	
Plain yogurt	\$0.60 per 6 oz.	Large soda drink	
Quick oats	\$0.14 per 1/2 cup	Burger King	\$6.95 for combo meal*
Frozen vegetables	\$0.33 per 2/3 cup	Original chicken sandwich	
Russet potatoes	\$0.13 per 1 med. pot	Large onion rings	
Fresh bagged spinach	\$0.66 per 3 oz	Large soda drink	
Canned refried beans	\$0.69 per 1/2 cup	McDonald's	\$6.08 for combo meal*
Canned tuna	\$0.45 per 2 oz.	Big Mac sandwich	
Jar of salsa sauce	\$0.47 per 1/2 cup	Large French fries	
Whole grain pita bread	\$0.20 per 1/2 pita	Large soda drink	
Egg substitute	\$0.43 per 1/4 cup	Taco Bell	\$7.20 for combo meal*
Jicama	\$0.37 per 1/4 cup	Chicken fiesta taco salad	
Eggs	\$0.10 per egg	Large soda drink	
Whole grain tortilla	\$0.27 per tortilla	Wendy's	\$6.40 for combo meal*
Skim milk	\$0.22 per 1 cup	Classic single sandwich	
		Large French fries	
		Large soda drink	
		Arby's	\$7.05 for combo meal*
		Beef N cheddar sandwich	
		Large curly fries	
		Large soda drink	

"Bang for your Buck" Burrito Meal for "4"

Total cost of meal for "4" about \$11.55. Price per person about: \$2.89

- 2 cups cooked brown rice
- 16 oz. can of refried beans
- 16 oz. jar of salsa sauce
- 15 oz. can of corn
- 4 whole grain tortillas
- 4 red delicious apples
- 4 cups of skim milk

Directions for 4

ENTRÉE: Put 1/4 cup of warmed refried beans and 1/2 cup warmed corn on each of the whole grain tortilla shells. Wrap shut and place on a wrap on each individual dinner plate. Top wrap with 1/2 cup of salsa.

SIDE DISHES: Serve cooked, seasoned brown rice AND sliced apples (or other fresh food i.e. shredded lettuce, celery/ carrot sticks, apples, or cucumbers). Each guest dishes up about 1/2 cup serving for each side item. They also will get a cup of beverage like skim milk to drink with their homemade burrito meal.



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