

# Nutritious eating on a budget.

# Plan. Purchase. Prepare.

Better nutrition can impact many aspects of our overall health. Making better food choices today can impact your health in the future. For example, with better health and nutrition, you can have lower medical costs and fewer days missed from work and school. Better nutrition may also improve satiety by including more fiber, protein, and healthy fat which can help us stay fuller longer. See below and on the back for a few tips to make better food choices in the aisles without breaking the bank!

## Before you shop

- **Check inventory:** plan meals and snacks based off the items you already have at home. Check the fridge for items that may go bad soon, check the pantry, and check for items in the freezer!
  - Buy small amounts more often to ensure you can eat the foods without throwing any away.
  - Remember, throwing away food is throwing away your money.

- **Meal plan:** plan meals for the next couple days. You'll stress less about what's for dinner and eat out less often.

- **Serve appropriate portions**

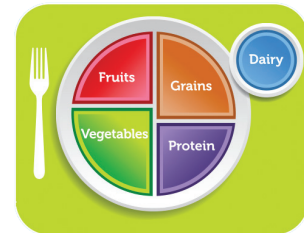
- **Cook meals at home:**

- Incorporate leftovers into a subsequent meal.
- Prepare a large batch of favorite recipes on your day off (double or triple the recipe).
- Freeze in individual containers- be sure to label and date them
- Use them throughout the week and you won't have to spend money on take-out meals.

- **Make a list:** create a list of the ingredients needed for your meals that you don't already have on hand. When at the store, stick to your list!

- **Identify foods that you can prepare more cheaply at home:**

- |                |             |                   |                      |
|----------------|-------------|-------------------|----------------------|
| • bread        | • pancakes  | • pita chips      | • pesto/tomato sauce |
| • rice         | • waffles   | • salad dressing  | • BBQ sauce          |
| • pasta salad  | • salsa     | • soup            | • pizza crust        |
| • desserts     | • guacamole | • croutons        | • smoothie           |
| • granola bars | • hummus    | • frozen burritos |                      |



*Turn over for more tips >*

 **registered dietitian team**

More information at [celebratemore.com/dietitians](http://celebratemore.com/dietitians)

Available at all



# At the store

- **Don't go to the store hungry!**
- **Purchase store brands vs. national brands:** save money and get comparable, if not superior, nutrition.
  - Food Club • Full Circle • Clearly Organic • Basket and Bushel • Best Choice • Always Save
- **Utilize Coborn's MORE Rewards:** save cents off per gallon of gas with the purchase of numerous items throughout the store PLUS use your more rewards number to redeem penny pincher prices! No more cutting coupons!
- **Plan around sales**
- **Follow Coborn's and your favorite brands on Facebook and Instagram!**  
Get updates on deals and fun giveaways! Check it out @cobornsgrocery
- **Compare unit prices:** located on the shelf tag!
- **Try all forms of produce! Fresh, canned, frozen, and dried:** look for canned fruit in 100% juice, canned vegetables with no salt added, frozen fruit with no sugar added, frozen vegetables with no added sauces or seasonings, and dried fruit with no sugar added.  
*Tip: Drain and rinse canned vegetables for 2-4 minutes to reduce up to 41% of the sodium.*
- **Shop seasonally:**  
Good low-cost items available all year include:
  - protein - beans (garbanzo, black, cannellini)
  - vegetables - carrots, greens, potatoes
  - fruit - apples, bananas
  - *Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are typically less expensive.*
- **Try these high-nutrition, low-cost foods:**
  - beans
  - lentils
  - sweet potatoes
  - white potatoes
  - eggs
  - peanut butter
  - canned tuna or salmon
  - frozen fruit and vegetables
  - oats
  - brown rice
  - barley
  - quinoa

# After shopping

- **Store food in the proper place right when you get home:** Don't let raw meat or other items that needed to be refrigerated or frozen sit out. If they go bad, you need to toss them! Food safety first!
- **First in, first out:** Be sure to eat the food with the nearest expiration date first. For example, if you buy more milk, put it in the refrigerator behind the older one
- **Minimize convenience items:** 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.
- **Stretch expensive foods:**
  - Include meals that will "stretch" expensive food items (stews, casseroles, stir-fry dishes).
  - Add leftover vegetables to casseroles or blend them to make soup.
  - Overripe fruit is great for smoothies or baking.
  - Remember, throwing away food is throwing away your money!