



Very Simple Solutions: Nutritious Eating on a Budget

Make a Food Plan

1. Make a grocery list, make a grocery list, make a grocery list. Then stick to the list.

Where to Buy

2. Don't shop hungry.
3. Use unit pricing when shopping. Easy to do online.
4. Plan ahead. "Meals" from vending machines and fast food restaurants always cost more.

What to Buy

5. Check out www.coupons.com and store flyers for items ON YOUR LIST that are also on sale.
6. Select produce that is in season or frozen. It's cheaper and often contains more nutrients.
7. Consider buying shelf-stable items in bulk: whole wheat pasta, brown rice, dried beans, canned tuna/chicken, peanut butter
8. Replace processed food items with "real food." (Whole grain cracker with peanut butter rather than the bright orange, pre-packaged crackers)
9. Skip out on impulse buys.
10. Reduce the amount of animal products you eat. This is the best thing you can do for your health and the environment. Check out www.meatlessmondays.org and <http://cheaphealthygood.blogspot.com/>

Prepping It & Storing It

11. Be willing sacrifice time for convenience (i.e. whole carrots vs. baby carrots)

Make It & Eat It

12. Cheap dinners: one pot soups, baked potato bar, use meat as a condiment not the main attraction
13. Cook in large quantities and freeze for later.

With a little planning, a little preparation, and a little prioritization- healthy eating is quite affordable!

Whole Grains	Price per serving	Processed Grains	Price per serving
Barley	.10 per ½ cup	Ramen Noodles	.17 per package
Brown Rice	.14 per ½ cup	White Rice	.12 per ½ cup
Whole wheat pasta	.20 per ½ cup	White pasta	.12 per ½ cup
Triscuit Crackers	.31 per serving (1 oz)	Doritos	.33 per serving (1 oz)
Vegetarian Protein Sources	Cost/serving	Animal Protein Sources	Price per serving
Beans (from dried)	.08 per ½ cup	Chicken Breast	.75 per 4 oz.
Peanut Butter	.12 per 2 T.	Ground Beef (80%)	.62 per 4 oz.
Eggs	.15 per 1 egg	Salmon	1.75 per 4 oz.
Tofu	.70 per 4 oz	Canned Tuna	.80 per 4 oz.
Produce		Other Snack Items	
Fresh Green Beans	.25 per cup	Goldfish crackers	.25 per serving (1 oz)
Baked Potato	.49 per potato	Granola Bar	.34-.47 per bar
Frozen Corn	.16 per ½ cup	Fruit Snacks	.30-.50 per packet
Orange	.79 per piece	Chips Ahoy!	.30 for 3 cookies
Banana	.39 per piece	Potato Chips	.35 per serving (1 oz)
Cantaloupe (sale)	.12 per ½ cup		

Prices obtained from www.peapod.com on March 14, 2009.

A Little Grocery Shopping Math...It's always cheaper at home than eating out. I'll prove it.

If a family of four (2 adults, 2 kids) spends \$500 per month on groceries, that's \$1.38/per meal. That's cheaper than Taco Bell!

- 4 people x 30 days x 3 meals/day = 360 meals in one month
- \$600 for groceries/360 meals = \$1.67 per meal