



EATING BETTER ON A BUDGET: *TOP TEN TIPS*

MEGAN ELLISON, MS, RDN, CSOWM, CDE

APRIL 2020

Disclaimer: This presentation is for general education and informational purposes only. It is not medical advice nor treatment of any kind. Check in with your doctor for medical advice specific to you and with your dietitian for nutrition specific to you. Cheers!

TIP #1 : PLAN, PLAN, PLAN !

- Review what you have on hand:
 - Freezer, Pantry, Fridge, Counter, and Garden
- Brainstorm ideas for meals & snacks:
 - Get input from the whole family!
 - Cookbooks, websites, recipe cards, friends & family
- Plan for leftovers so that you do not over-purchase
- Make a grocery list of missing items
 - Categorize by store layout or section for efficiency
- Swap in healthy cheaper ingredients when able



TIP #2: GET THE BEST PRICE



Check the grocery store advertisements ahead of time:

- paper and online
- coupon apps



Look for sales, deals and specials in the store:

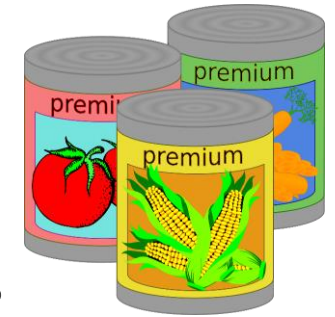
- Especially for expensive items, such as seafood
- Stock up on non-perishables when on sale
- Use store loyalty cards or store brands



Shop around and utilize different stores for different purposes:

- best for dried goods
- best for seafood
- best for produce
- best for paper products

TIP #3: COMPARE AND CONTRAST



- Produce by Weight:
 - Look for “price per lb” or price per pound”.
 - Place produce on grocery store scale. Read the scale for the weight of the item, displayed by the hand on the scale.
 - Multiply the weight of the item by the price per pound. This is the final cost of the produce. Is there a different bundling that is cheaper?



- Which canned food is the best deal?
 - Look for the unit price and compare products.
 - Remember, just because the retail price is cheaper does not mean it is the better deal.
 - Can #1 is clearly cheaper than Can #2 when comparing retail price.
 - When comparing the price per ounce (oz) of each product, Can #2 is the better deal at \$0.04 per oz.

Can #1

Unit Price \$0.06 per oz	Retail Price \$0.60 ea 10 oz. can
------------------------------------	--

Can #2

Unit Price \$0.04 per oz	Retail Price \$1.12 ea 28 oz. can
------------------------------------	--

TIP #4: BUY IN BULK

Consider

Consider big-box stores for items you use often and/or are non-perishable

- Examples: case of black beans, frozen vegetables and fruit, yogurt, eggs

Utilize

Utilize Bulk Bins to get the exact amount you need

- Examples: small amounts of spices, trying a new whole grain, nuts/seeds

Remember

Remember Bigger is Not always Better

- don't over-shop on items that will go to waste

TIP #5: BUY IN SEASON

- Pay attention to what looks super fresh and there is a lot of
 - Sometimes markets will label the local items
- Ask for bulk discounts at your Farmers' Markets
 - Shop the market at the end of the day for better deals
- Freeze, can, or dehydrate the extras for future use
- Buy fresh produce in a variety of ripening stages
 - At home place in different areas to stagger ripening
 - Counter, cool garage, refrigerator, etc.



TIP #6: GO BACK TO BASICS



- Think – “How can I make this?”
 - Examples: trailmix, granola, fruit and nut bars, whole food snacks instead of processed/packaged
- Consider – “What am I missing in my dietary intake?”
 - Most of us could use more whole foods and less processed foods.

TIP #7:

USE EASY-ON-YOUR-WALLET INGREDIENTS



Proteins: Eggs, Beans, Lentils, Tofu



Grains: bulk bins, “day-old” bread from bakeries, outlet stores



Fruits & Vegetables: frozen or canned options (read labels), in-season, plant a garden or herb box

TIP #8: BATCH COOK

- Pick a day for cooking in larger quantities to support meals for the whole week
 - Examples: grilled chicken, roasted veggies, brown rice, oatmeal, pasta
- Portion leftovers into containers for the fridge and freezer
 - Tip: microwave cooked, frozen brown rice for 1-2 minutes for a quick whole grain
 - Tip: microwave pre-cooked rolled oats for 1 minute for a quick hot breakfast
- Plan how you will utilize the extra portions throughout the week



TIP #9: GET CREATIVE WITH LEFTOVERS



- Change up the flavor profile with different sauces or spices
 - Example: grilled chicken >>> teriyaki >>> fajitas >>> ceasar salad
- Use whole at first, then leftovers in mixed meals
 - Example: chicken breast as is; then turn into chicken quesadillas, then add to soup
- If you get tired of the item, just freeze it for later!

TIP #10: BE SMART ABOUT EATING OUT

- Back to Planning – if you have a plan for dinner, you will be much less likely to eat out
- Utilize your slow cooker, instant pot, rice cooker and multiple kitchen appliances for quick/easy meals
- Create a List of Your Go-To Meals for at Home
 - These are family winners that take less than 30 min to prepare from common ingredients on-hand.
 - My examples: potato patch, fish tacos, salads as the entrée
- Learn how to make some of your favorite restaurant meals at home – you control the ingredients!
- Make eating out a special treat and choose to support your local businesses wisely



RECAP:

TIP #1 : PLAN, PLAN, PLAN !

TIP #2: GET THE BEST PRICE

TIP #3: COMPARE AND CONTRAST

TIP #4: BUY IN BULK

TIP #5: BUY IN SEASON

TIP #6: GO BACK TO BASICS

TIP #7: USE EASY-ON-YOUR-WALLET INGREDIENTS

TIP #8: BATCH COOK

TIP #9: GET CREATIVE WITH LEFTOVERS

TIP #10: BE SMART ABOUT EATING OUT

Handouts:

- Eating Better on a Budget
- Grocery Shopping Tips
- Sample 2-Week Meal Plan, Grocery List & Cookbook
- Blank Meal Plan
- Blank Shopping List by Category

THANK YOU!



SOUND DIETITIANS

Come check out our website at: www.SoundDietitians.com

Or Reach out to us by phone: [425-409-3544](tel:425-409-3544)

This presentation was sponsored by Verdant Health Commission and Stilly Valley Health Connections



HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY



STILLY VALLEY HEALTH CONNECTIONS
stillyvalleyhealth.org