

“ WHEN MEASURED ON THE AVERAGE PORTION SIZE, GRAINS, VEGETABLES, FRUIT, AND DAIRY FOODS ARE LESS EXPENSIVE THAN MOST FOODS HIGH IN SATURATED FAT, ADDED SUGARS, AND/OR SODIUM – USDA ”

HEALTHY FOOD ISN'T ALWAYS MORE EXPENSIVE

- \$** Produce, bought **in season**, can be **much cheaper** than processed snacks.
- \$** Buying healthy foods in bulk reduces cost-per-meal, undercutting fast food meals.
- \$** **Choose water** over sugary drinks. Soft drinks are a leading cause of obesity.
- \$** Whole grains & legumes have more essential nutrients per calorie, & can fill you up faster.

- \$** **Swap red meats:** Opt for affordable, lean proteins like beans, chickpeas, & fish.
- \$** Choose simple, raw ingredients. Some packaged food marketed as healthy is purposely overpriced.

MAKING FOOD DOESN'T NEED TO TAKE LONG

-  Use a slow cooker or instant pot for easy, hands-off cooking.
-  **Meal prep** in batches on less busy days (i.e., weekends).
-  Prepare “no-cook” meals like salads with canned beans or fish.
-  **Have your children help.** They'll also learn about the healthy food this way.



SETTING ACHIEVABLE GOALS

- 1) This Week:** Replace one unhealthy snack with a fruit or vegetable every other day.
- 2) By Next Sunday:** Make a weekly meal plan including at least one new recipe.
- 3) Within 2 Weeks:** Teach your kids basic kitchen safety and simple tasks (i.e., washing produce & tearing lettuce).
- 3) Within 3 Weeks:** Learn when different types of produce are in season.
- 4) By The End Of The Month:** Teach your kids to assemble simple dishes (i.e. fruit salads & sandwiches).
- 5) In 6 Months:** Have half of everyone's plate filled with fruits & veggies each meal.

POSITIVE OUTCOMES

- Better growth & development 
- Stronger immune system
- Positive eating habits 
- Increased energy
- Cooking skills & nutrition knowledge
- Foundation for long-term health 




THE HIDDEN COSTS OF KIDS' POOR DIETS

- Type II Diabetes
- Chronic cardiovascular diseases
- Reduced quality of & expectancy of life
- Lower self-esteem
- Children with obesity are 5x more likely to be obese as adults!



ARE YOUR FOOD CHOICES A GIFT OR A BURDEN TO YOUR CHILDREN?

YOUR EXAMPLE PAVES THEIR WAY.

-  YOUR HEALTHY HABITS BECOME THEIR HEALTHY HABITS.
-  YOUR FOOD CHOICES TEACH LIFELONG LESSONS.
-  YOU'RE NOT JUST FEEDING THEIR STOMACHS, YOU'RE FEEDING THEIR FUTURE.

TERIYAKI CHICKEN & VEGGIES RECIPE

 **4 servings**  

Ingredients

- 1 boneless chicken breast (\$2.81)
- 1 tbsp cooking oil (\$0.04)
- 2 minced garlic cloves (\$0.16)
- 1.5 cups uncooked jasmine rice (\$0.99)
- 12 oz. frozen stir fry vegetables (\$1.59)
- 2 green onions, sliced (\$0.16)
- 1 tbsp cooking oil (\$0.04)
- 1 tsp grated ginger (\$0.10)
- 2.5 cups water (\$0.00)
- 1 tbsp brown sugar (\$0.04)
- 1/4 cup soy sauce (\$0.24)
- 1 tsp sesame oil (\$0.10)



Instructions

- 1) Cut chicken in 1/2-inch pieces & place in a deep pan.
- 2) Cook oil, garlic, & chicken, on medium for 1 minute.
- 3) Add rice & sauté for 2 minutes, then add water & stir.
- 4) Bring it to a boil, then let it simmer for 10 minutes.
- 5) Mix sugar, sesame oil, & soy sauce into teriyaki sauce.
- 6) Evenly sprinkle **veggies** & cook on low for 5 minutes.
- 7) Turn off stove, wait 5 minutes, & stir in teriyaki sauce.
- 8) Serve with **green** onions on top & **enjoy!**



A MOTHER'S GUIDE TO:

EATING HEALTHY ON A BUDGET

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