

# The Basics

- Cut the JUNK!: How much \$ do you spend on junk food?  
Cut it out and use that money for healthier options.
- Eat out less: save \$15-\$25 a week or more!
- Stick to the grocery list: eat before you shop so you only buy what you need
- Shop the perimeter of the store first: buy produce, eggs, bread, dairy, & meat before junk food
  - Buy large portions
- Cook large portions ahead of time: then store the rest for later
- Beware of cheap, processed foods that offer little nutrition, add to your waistline, and strain your food bill.

# Shop Wisely

- Discount Stores: BJ's, Costco, Sam's Club
  - Store in manageable portions
- Farmer's Markets or CSA
  - <http://www.localharvest.org/csa/>
- Ethnic Markets
  - Good variety of inexpensive produce
- Generic/store brands
  - Same quality, less pricey

# Buy In Bulk

- Shop for produce in-season
  - Buy in bag: apples, oranges, potatoes, onions
- Check the freezer isle
  - Large bags of frozen veggie stir-fry and frozen fruit
- Buy all your grains in bulk
  - Brown rice, cereal, oats, barley: store in airtight containers
- Bulk proteins
  - Large cuts of meat and whole chicken: have the butcher cut and then freeze
  - Dried beans or canned beans by the flat
  - Freeze dairy

## Selective Purchasing

- Buy highest quality possible of the foods you eat most.
  - Organics, grass-fed beef, free range chicken, low sodium, low sugar, etc.
- Educate yourself
  - Ingredients
  - The “Dirty Dozen”

## The Dirty Dozen (Produce)

Celery

Peaches

Strawberries

Apples

Blueberries

Nectarines

Bell Peppers

Spinach

Kale

Cherries

Potatoes

Grapes  
(Imported)

# Cheaper Protein

- Less expensive cuts of meat
  - Top round, round tip, chuck-eye roast, etc.
- Portion control
  - Make your purchase last longer
  - Less saturated fat and cholesterol
- Vegetarian sources
  - Beans, tofu, tempeh, hummus, nuts, seeds, quinoa, etc.
- Canned and/or frozen fish

# Cook To Save

- Cook once, eat multiple times
  - Freeze extras in one-serving portions
- One-pot dishes
- Soups, stews, and stir-fries
- Everything burritos
  - Throw any leftovers in a whole wheat tortillas with some grated cheese
- Experiment with combinations
  - Try leftover grains and meats on top of greens

# Desserts

- Popsicles
  - Make your own with small paper cups and plastic spoons: fruit juice or chocolate milk
- Bake at home
  - Add in nuts, flaxseed meal, whole grain flour, and reduce the amount of sugar
- Yogurt
  - Buy lg. container of plain and add in honey and fruit.
- Frozen treats
  - Grapes, bananas, mango, smoothies, yogurt.
- Dark chocolate
  - Low in calories, high in antioxidants, no saturated fat.