



Eating Healthy Affordably

Wellness Workshop





The Basics

- Cut the JUNK!
- Eat out less
- Stick to the grocery list
- Shop the perimeter of the store first
- Cook large portions ahead of time
- Beware of cheap, processed foods





Shop Wisely

- Discount Stores: BJ's, Costco, Sam's Club
 - Store in manageable portions
- Farmer's Markets or CSA
- Ethnic Markets
- Generic/store brands





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
 - “Dirty dozen” of produce





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





Desserts

- Popsicles
 - Make your own with small paper cups and plastic spoons: fruit juice or choc milk
- Bake at home
 - Add in nuts, flaxseed meal, and whole grain flour
- Yogurt
 - Buy lg. container of plain and add in honey and fruit.
- Frozen treats
 - Grapes, bananas, mango, smoothies, yogurt.
- Dark chocolate

