

Foods To Choose

- **Double recipes and freeze**— Freezing recipes will avoid leftovers going to waste. Doubling recipes allows you to take advantage of sales at the grocery store and save the extra for a later day.



- **Grow Your own**— Growing your own garden can save you money while enjoying fresh produce. If you do not have yard space, there are many community gardens in Allegheny County where you can benefit from fresh produce.



- **Produce**— Produce that is in season provides the best nutritional value for your money. For produce that is not in season frozen fruits and vegetables are an excellent choice.
- **Dairy**— Buy milk in large containers if you will use it. Fat free dry milk costs less.
- **Grains**— Avoid foods that are instant, precooked, or individually packaged. They are more expensive. Choose whole grain bread, cereals, pastas, or other items. When possible, buy in bulk.
- **Protein**— Eggs, chicken, and turkey are your best items to buy to save money. Buy large quantities of meats to divide and freeze when on sale. You can also save money by eating vegetarian sources of protein like beans, peas, and nuts a few nights a week.



References: *The American Dietetic Association, MSNBC*

EATING HEALTHY ON A BUDGET



ALLEGHENY
COUNTY HEALTH
DEPARTMENT

412-687-ACHD
(2243)
www.achd.net



Shop for Less

Families on a tight budget often buy lost cost food items and less expensive brands. The problem is that some of these foods have poor nutritional value because they are often prepackaged or processed. Fortunately, with a little planning, there is a way to buy healthy foods that do not consume a large portion of your budget.

A Healthy Diet Includes:

- **Variety**– Vary your food choices. Many foods differ in nutrient content.
- **Proportional**– Develop an eating plan that is high in fruits, vegetables, and whole grains.
- **Moderation**– Choose foods that will

For an added benefit, be sure to include physical activity to your daily routine. Aim for 30 to 60 minutes of physical activity at least 5 days a week.



Tips to Save You Money

- **Choosing a store**– When possible, choose a store that offers variety, quality, and low prices.
- **Time**– Try to do your grocery shopping late at night or in the middle of the day when most grocery stores are not busy.
- **Do not go to the grocery store hungry**– Shopping when you're hungry may lead to over buying.
- **Plan ahead**– Plan out menus, make your list, bring a calculator and coupons that you might need. Also, many stores will double coupons.
- **Shop the edge of the store**– The edge of the store is where you will find the least processed foods such as fresh produce, meats, dairy, and breads.
- **Read the labels**– Find out which foods are excellent sources of fiber, calcium, iron, and vitamin C. Look for foods that are low in saturated and trans fats.
- **Buy generic**– It is less expensive and contains the same nutritional value.



- **Buy frozen**– Frozen vegetables are often cheaper and contain about the same nutritional value as fresh vegetables.



- **Look for reduced produce**– Many stores often have a reduced rack at the grocery store where you can pick up produce.
- **No salt**– Many food products contain added salt; while most Americans consume more than the daily recommended limit for salt. It is best to look for items without added salt.
- **Shop locally**– Farmers' market produce is picked ripe and sold that day. It is generally more nutritious than produce shipped in.

