



MyPlate

ON A

budget

WITH **TASTY,**
AFFORDABLE
FOOD

HERE'S HOW:

Low-Cost Tips

- **BUY SEASONAL!** Fruits and vegetables that are in season and grown in your area are easier to get and less expensive.
- **TRY YOUR LOCAL FARMERS' MARKET!**
- **VISIT THE FREEZER AISLE!**
Did you know frozen vegetables and fruits are just as nutritious and usually cheaper than fresh?

- **BUY IN BULK!** It is almost always cheaper to buy in bulk. Smart choices include family packs of chicken, steak, or fish and larger bags of potatoes or frozen vegetables.
- **BUY IT WHOLE!**
Pre-washed and cut fruit and vegetables may be more convenient, but it is often more expensive too.
- **GO GENERIC!** Don't be fooled by the more attractive brand-name products. Generic food will always be more attractive to your wallet.

affordable

meal options

1 Eggs, oven roasted potatoes and peppers, whole grain toast, strawberries, milk

Eggs are a nutritious and affordable source of protein. Scramble, poach, or boil eggs to prepare them with less fat.

2 Roasted chicken breasts, steamed carrots, brown rice, grapes, milk

Roasting a whole chicken is an inexpensive way to provide protein for multiple meals. Use the leftovers to make soup, add to casserole, or to top a salad.

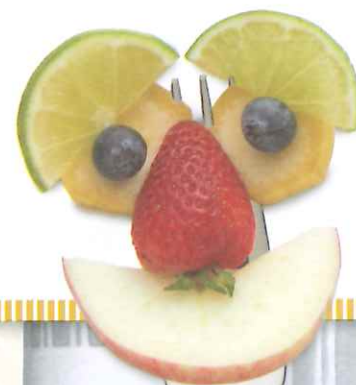
3 Black beans, whole wheat tortillas, sautéed veggies, watermelon, low-fat cheese

Beans are a great source of fiber and low-fat protein. This will give you a healthy, full feeling, while keeping you on budget.



MORE Low-Cost Tips

- **PLAN AHEAD!** Before you go to the grocery store, plan your meals. Try to include meals that will “stretch” into more portions like stews, casseroles or a stir-fry.
- **CUT COUPONS!** Check online, in the local newspaper and at the store for sales and coupons. Keep an eye out for specials.
- **COMPARE!** Find the “unit price” on the shelf and use it to compare different brands and sizes to find the most affordable option.
- **PREPARE LARGE BATCHES** of your favorite recipes and freeze them in individual containers and use them throughout the week instead of ordering take-out meals.
- **“PLANNED-OVERS”**
Plan for extra “leftovers” and save some cash. Use your leftovers in creative ways like toppings for omelets, baked potatoes or pasta.



REMEMBER...

- |||| GET YOUR CALCIUM.
- |||| FOCUS ON FRUIT.
- |||| VARY YOUR VEGGIES.
- |||| MAKE AT LEAST HALF YOUR GRAINS WHOLE GRAINS.
- |||| GO LEAN WITH PROTEIN.

MAKE PHYSICAL
ACTIVITY A PART
OF YOUR PLAN.

