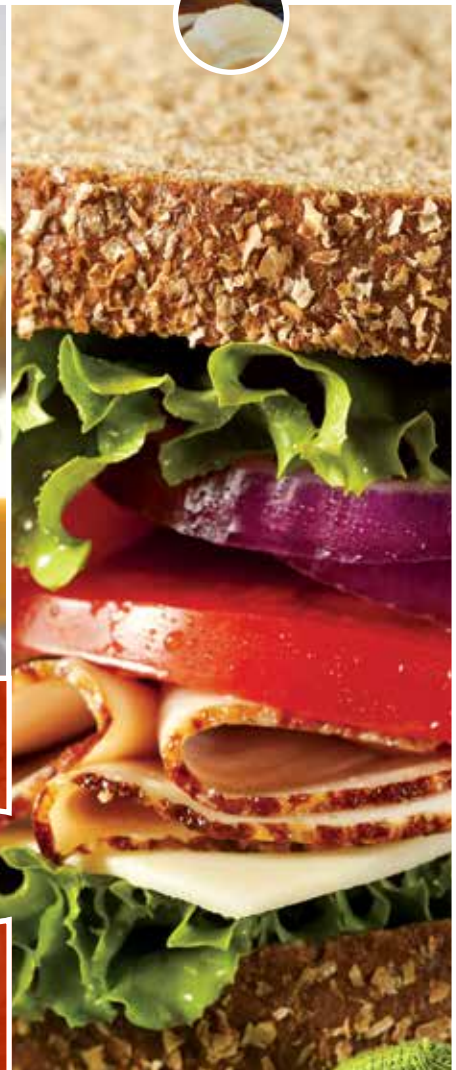


WORKSHOP

# 3

# Eating Healthy on a Budget



**Eat Healthy • Be Active  
Community Workshops**



**ODPHP**

Office of Disease Prevention  
and Health Promotion



WORKSHOP

# 3

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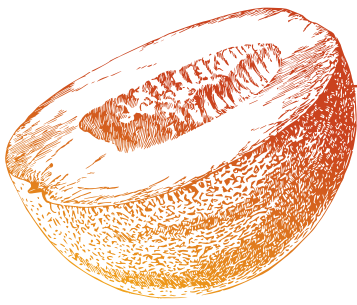


# Instructor Guide

## BEFORE WORKSHOP BEGINS

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Gather materials needed for the icebreaker and activity.
  - **Icebreaker:** Store-brand canned fruit without added sugars, name-brand canned fruit without added sugars, can opener, disposable bowls and spoons
  - **Activity:** Sales circulars from several local grocery stores, pens, copies of *Grocery List* handout
- Photocopy handouts (1 per participant):
  1. **Eating Healthy on a Budget (2 pages)**
  2. **Fruits and Vegetables Lower in Cost Year-Round (1 page)**
  3. **Weekly Meal Planner and Weekly Calendar (2 pages)**
  4. **Create a Grocery Game Plan: Grocery List (1 page)**
  5. **MyPlate 10 Tips to Eating Better on a Budget (2 pages)**
  6. **Workshop Evaluation (1 page)**





## WORKSHOP OUTLINE

The workshop should last ~1 hour, including activities.

- **Icebreaker activity** (5 minutes)—do this while people are coming into the workshop
- **Introduction** (5 minutes)
  - Explain the purpose of the workshop
  - Review the Learning Objectives
- **Objective 1:** Identify the 3 steps for healthy eating on a budget—planning, purchasing, and preparing (10–15 minutes)
  - Review handout: *Healthy Eating on a Budget*
- Video: *Budget Stretching Healthy Meals* (2–3 minutes)
- Stretch Break (5 minutes)
- **Objective 2:** Identify 3 skills to plan meals and snacks ahead of time (10–15 minutes)
  - Review handout: *Weekly Meal Planner*
- Activity (5–10 minutes)
  - Review handout: *Grocery List*
- Increasing Physical Activity (1–2 minutes)
- Review handout *MyPlate* and how to use *10 Tips to Eating Better on a Budget* (2 minutes)
- Wrap-up/Q&A (5 minutes)
  - Reminders of things to try at home:
    - Plan meals for the week using sale items from the store circular
    - Choose moderate- or vigorous-intensity physical activity
- Ask participants to complete the **evaluation form** (5 minutes)
- **Additional Activity**  
**Note:** This would need to be planned ahead of time and scheduled for a time after the workshop:
  - **Grocery Store Field Trip:** Your local supermarket may be able to arrange a store tour for your group with its registered dietitian (RD). More information about this service may be available on the store’s Web site or by contacting the store manager or RD. Also, the community outreach department of your local hospital may be able to arrange for an RD to provide this service. While at the store, have participants use their shopping lists; you can help them locate the healthy sale items and search the aisles for other healthy foods.

# Workshop Lesson Plan

## ICEBREAKER ACTIVITY

### Taste Testing (5 minutes)

**Generic vs. Brand Taste Test:** Compare store-brand canned fruit without added sugars with name-brand canned fruit without added sugars.

**Supplies necessary:** Store-brand canned fruit without added sugars, name-brand canned fruit without added sugars, can opener, disposable bowls and spoons

## TALKING POINTS

### Purpose of the Workshop (2–3 minutes)

- Today's workshop and handouts will give you tips for making meals and snacks that both are healthy choices and allow you to stay within your budget.
- This workshop is based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. The Dietary Guidelines provides science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provides recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provides these selected consumer messages. More information about the messages can be found at [www.choosemyplate.gov](http://www.choosemyplate.gov).

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.

*Find your healthy eating pattern and maintain it for a lifetime.* This means:

- Make half your plate fruits and vegetables — focus on whole fruits and vary your veggies
- Make half your grains whole grains
- Move to low-fat or fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated fats, *trans* fats, and added sugars

Healthy eating and physical activity are the building blocks of a healthier life. The Physical Activity Guidelines recommends that adults be physically active for at least 2 hours and 30 minutes each week — children need 60 minutes each day.

- You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.



# WORKSHOP LESSON PLAN

## TALKING POINTS

### Learning Objectives (2–3 minutes)

- Identify the 3 steps for healthy eating on a budget—planning, purchasing, and preparing.
- Identify 3 skills to plan meals and snacks ahead of time.



## TALKING POINTS

### Handout: Eating Healthy on a Budget and Fruits and Vegetables Lower in Cost Year-Round (10–15 minutes)

#### Step 1. Plan ahead before you shop.

- Plan meals and snacks for the week according to a budget.
- Find quick and easy recipes online.
- Include meals that will “stretch” expensive food items (stews, casseroles, stir-fries).
- Make a grocery list.
- Check for sales and coupons in the local paper or online and consider discount stores.
- Ask about a loyalty card at your grocery store.
- In addition to regular grocery stores, you can find great deals at ethnic markets, dollar stores, retail supercenters, wholesale clubs, and farmer’s markets.

**EAT HEALTHY YOUR WAY**  
**Eating Healthy on a Budget**

Take these 3 easy steps to pick and prepare healthy foods while saving your wallet! Check off the tips you will try.

**Step 1: Plan ahead before you shop**  
**Rule #1:** I plan what I'm going to make for dinner for the whole week. Then I make out my grocery list and make it as simple as I can. This saves time for the list and also helps me know what to buy. Check to see all the ingredients for my meals. I'm not tempted to add a pizza or run out for fast food. Eating at home saves me on budget, and I am eating better too!

**Read the store floor to find out what is on special for the week.**

- Plan your meals around the sale items.
- Look for sale meats, fat-free and low-fat dairy items, and fresh or frozen fruits and vegetables featured that week.

**Step with a list.**

- Make a shopping list before you go to the store so you plan what meals you'd like to make for the week. Stick to a list and avoid buying items on impulse... and off your budget.

**Step 2: Shop to get the most value for your money**

**Guide:** Buy fresh fruits and vegetables in season and save money this way. If frozen berries are selling 1 lb for the lowest price, OK, when I see chicken breasts or turkey breasts on sale, I buy several packs and freeze as much as I can store.

**Buy sale items and generics or store brands.**

- Buy items featured in store promotions and coupons in the newspaper or online ads. Some stores have their own brands to help you find great budget purchases. Buy store or generic brands, as they often cost less than name brands.

**Cheese items**

- Buy frozen vegetables without added sauces or butter. They are as good for you as fresh and can cook for later.

**Buy in bulk, then make your own single-serving packs at home.**

- Make a big box of whole-grain cereal with raisins and a dash of cinnamon. Put in small bags for on-the-go snacking!

For more information, visit [www.eatright.org](http://www.eatright.org)

**Fruits and Vegetables Lower in Cost Year-Round**

Note: Foods are fresh versions unless otherwise noted below.

<b>Fruits</b>	<b>Starchy vegetables</b>
• Apples	• Corn, frozen or canned
• Bananas	• Green peas, frozen or canned
• Raisins	• Potatoes
• Fruit cocktail, without added sugars	• Green lima beans, frozen or canned
• Frozen concentrated 100% orange juice	
<b>Dark green vegetables</b>	<b>Other vegetables</b>
• Broccoli, fresh	• Baby carrots
• Spinach, frozen	• Cauliflower florets
• Broccoli, frozen	• Cucumber
<b>Red and orange vegetables</b>	• Green beans, frozen or canned
• Baby carrots	• Onions, fresh or frozen
• Whole carrots	• Celery
• Red bell pepper, fresh or frozen	• Green bell pepper, fresh or frozen
• Sweet potato	
• Tomatoes, canned	<b>Legumes (beans and peas)</b>



## WORKSHOP LESSON PLAN

### Step 2. Shop to get the most value out of your budget.

- Buy groceries when you are not feeling hungry and when you are not too rushed.
- Remember to purchase refrigerated and freezer food items last and store them promptly when you get home. Proper refrigeration will help food last longer.
- Stick to the grocery list, and stay out of the aisles that don't contain things on your list.
- Cut coupons from newspaper circulars or online and bring them to the store with you. Try to combine coupons with items on sale for more savings!
- Find and compare unit prices listed on shelves to get the best price. Stores typically stock shelves from back to front, placing the newest items behind the older ones. Reach in the back for the freshest items, especially in the produce, dairy, and meat aisles.
- Buy store brands if cheaper.
- Choose fresh fruits and vegetables in season; buy canned vegetables with less sodium and canned fruits without added sugars.
- Precut fruits and vegetables usually cost more than washing and cutting produce yourself.
- Purchase some items in bulk or in family packs, which usually cost less.
- Single-serving packaged products typically cost more than larger sizes. Buy the larger size and just prepare what you need or portion it into snack bags or small storage containers for on the go.
- Look for weekly sales and promotions.

- Low-cost items available year round include:
  - Protein foods—legumes (garbanzo, black, kidney, northern, pinto, or lima beans; black-eyed peas)
  - Vegetables—carrots, greens, potatoes, onions, canned or frozen corn, peas, green beans, and other vegetables
  - Fruits—apples, bananas, frozen 100% orange juice, and canned fruits without added sugars like mandarin oranges, peaches, and other fruits
  - Grains—brown rice, oats
  - Dairy—fat-free or low-fat (1%) milk

### Step 3. Make cost-cutting meals.

- Some meal items can be prepared in advance; precook on days when you have time.
- Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions and freeze.
- Try a few meals that feature legumes like black or kidney beans or black-eyed peas, or try “no-cook” meals like salads.
- Incorporate leftovers into a meal later in the week.
- Source: [www.choosemyplate.gov/budget-save-more](http://www.choosemyplate.gov/budget-save-more)



## WORKSHOP LESSON PLAN

### VIDEO

#### Budget-Stretching Healthy Meals (2–3 minutes)



[health.gov/dietaryguidelines/workshops/](https://health.gov/dietaryguidelines/workshops/)

### STRETCH BREAK (5 MINUTES)

**“Beans”** (celebrating beans because they are inexpensive and packed with nutrients)

Have participants stand up and spread out to allow space for them to move. The facilitator calls out names of beans, and the participants do set actions to each.

- Baked beans — make a small shape with your body
- Broad beans — make a wide, stretched-out shape
- String beans — make a tall, string-like shape
- Jumping beans — jump up and down (say “small jumping beans” for small jumps and “big jumping beans” for the opposite)
- Chili beans — shiver and shake as if it were cold
- French beans — do the can-can, with high kicks

### TALKING POINTS—STRETCH BREAK

- Dry legumes (beans and peas) will be less expensive than canned versions. Remember to rinse canned legumes to reduce the sodium.
- Kidney, lima, garbanzo, and northern beans are examples of some inexpensive legumes.



# WORKSHOP LESSON PLAN

## TALKING POINTS

### Handouts: Weekly Meal Planner (5–10 minutes)

#### Tips for Making Changes

- Cook large portions ahead of time, or use your leftovers to create a second meal.
  - Most leftovers can be used to make tasty burritos (put everything in a whole-wheat tortilla with a little low-fat cheese).
  - Add your leftover meat and vegetables to a large green salad.
- Try a few meals a week that feature legumes (beans and peas).
- Drink water instead of high-calorie and costly beverages.
- Decrease the amount of packaged snack foods (soda, cookies, chips, etc.) you buy, and see how much you will save while becoming healthier!
- Use the *Grocery Game Plan Weekly Calendar* to make your plan for meals. Then *Create a Grocery Game Plan*.

## ACTIVITY

### Handouts: Grocery List (5–10 minutes)

- **Healthy Shopping List:** Pass out sales circulars for neighborhood grocery stores, and ask participants to fill in foods on their *Grocery List* handouts based on healthy items on sale.
- **Supplies necessary:** Sales circulars from several local grocery stores, pens, copies of *Grocery List* handout

The image shows two handouts. The first is titled 'Weekly Meal Planner' and provides instructions on how to use it to plan meals for a week. It includes sections for 'Ideas for Healthy Breakfast', 'Ideas for Healthy Lunch', and 'Ideas for Healthy Dinner', each with a list of ingredients and a small photo of the meal. The second handout is titled 'CREATE A GROCERY GAME PLAN GROCERY LIST' and is a grid with columns for 'FRUITS', 'GRAINS', 'DAIRY', 'VEGETABLES', 'PROTEIN FOODS', and 'OTHER'. Each column has several rows for listing items. There is also a 'NOTES' section at the bottom.



## WORKSHOP LESSON PLAN

### TALKING POINTS

#### Increasing Physical Activity (1–2 minutes)

- The Physical Activity Guidelines for Americans recommends that everyone engage in regular physical activity for health benefits.
- Here are the recommendations for adults:

	Moderate Activity	Vigorous Activity
Type of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a <b>moderate</b> level, do at least <b>2 hours and 30 minutes a week</b>	If you choose activities at a <b>vigorous</b> level, do at least <b>1 hour and 15 minutes a week</b>

Source: 2008 Physical Activity Guidelines for Americans

- You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- Children need **60 minutes of physical activity each day**.





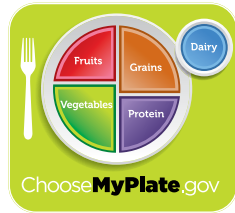
## WORKSHOP LESSON PLAN

- **TODAY'S TIP:** Choose moderate- or vigorous-intensity physical activities.
  - **Moderate-intensity activities** include walking briskly, biking, dancing, general gardening, water aerobics, and canoeing.
  - **Vigorous-intensity activities** include aerobic dance, jumping rope, race walking, jogging, running, soccer, swimming fast or swimming laps, and riding a bike on hills or riding fast.
    - You can replace some or all of your moderate-intensity activity with vigorous activity.
    - With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones.
  - Adults should include muscle-strengthening activities at least 2 days a week.
- **Muscle-strengthening activities** include lifting weights, push-ups, and planks.
  - Choose activities that work all the different parts of the body—the legs, hips, back, chest, stomach, shoulders, and arms.
- Encourage children to do muscle-strengthening activities, such as climbing, at least 3 days a week and bone-strengthening activities, such as jumping, at least 3 days a week.
- Keep track of your physical activity and nutrition goals!
  - Track your physical activity and take small steps to improve your eating habits. You can keep track with a journal or notebook, a website, or a mobile app.
  - Presidential Active Lifestyle Award (PALA+): An awards program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.
    - For more information about PALA+, visit [www.fitness.gov/participate-in-programs/pala/](http://www.fitness.gov/participate-in-programs/pala/)
    - See the Appendix for a PALA+ log that you can print.



## TALKING POINTS

Handouts: MyPlate and 10 Tips (2 minutes)



# MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

Choose **MyPlate.gov**/MyWins

## TALKING POINTS

Wrap-Up/Q&A (5 minutes)

### Things to Try at Home

- Plan meals for the week using sale items from the store circular.
- Make a grocery list and stick to it.
- Choose moderate- or vigorous-intensity physical activities.

## COMPLETE EVALUATION FORM

(5 minutes)

Fill out the form and give to instructor.

**10 tips** MyPlate MyWins  
Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollar.

- Plan, plan, plan!** Before you head to the grocery store, plan your meals for the week. Include meals like soups, casseroles, or soups, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.
- Get the best price** Check the local newspaper, online, and at the store to make sure you know what's on sale. Ask about a weekly card for extra savings at stores where you shop. Look for specials or make an email and text—often the most expensive items on your list.
- Compare and contrast!** Compare the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.
- Buy in bulk** An item is often cheaper to buy in bulk. Buy small quantities on sale to combine to get the low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.
- Buy in season** Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to cook them all right away, buy some that will need time to ripen.
- Convenience costs... go back to the basics** Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!
- Easy on your wallet** Convenience items are typically less cost-effective all year round. Try items for a less expensive version based on vegetables, low-calorie, natural potatoes, or the whole cornmeal tortillas. As for fruits, apples and bananas are good choices.
- Cook once... eat all week!** Prepare a large batch of frozen recipes on your day off, or make a large batch of soups, stews, or casseroles. Use them throughout the week and you won't have to spend money on take-out meals.
- Get creative with leftovers** Stretch up your leftovers—use them in new ways. For example, try leftover chicken in a salad, over a pasta salad, or in chili. Repurpose your extra food to stretch every penny!
- Eating out** Restaurants can be expensive. Save money by getting the most for your money: going out for lunch instead of dinner, or looking for "2 for 1" deals. Ask for water instead of costly other beverages, which add to the bill.

Center for Nutrition Policy and Promotion | Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more information. | USDA TipSheet No. 16 | Updated 2011 | Revised 02/2012 2/12

WORKSHOP 3 Evaluation TODAY'S DATE \_\_\_\_\_

1 = Strongly Disagree 2 = Disagree 3 = Neutral/Disagree not Agree 4 = Agree 5 = Strongly Agree

1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to plan meals for the week ahead of time this week. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5
8. Please tell us which materials you found most useful.					

# Handouts

- 1. Eating Healthy on a Budget**
- 2. Fruits and Vegetables Lower in Cost Year-Round**
- 3. Weekly Meal Planner and Weekly Calendar**
- 4. Create a Grocery Game Plan: Grocery List**
- 5. MyPlate 10 Tips to Eating Better on a Budget**
- 6. Evaluation**





## EAT HEALTHY YOUR WAY

# Eating Healthy on a Budget

Take these 3 easy steps to pick and prepare healthy foods while minding your wallet! Check off the tips you will try.



### Step 1: Plan ahead before you shop

**Rodney:** I plan what I'm going to make for dinner for the whole week. Then I make out my grocery list and never shop hungry. This way I stick to my list and don't buy pricey items on a whim. Since I have all the ingredients for my meals, I'm not tempted to order a pizza or run out for fast food. Eating at home keeps me on budget, and I am eating better too.

#### Read the store flier to find out what is on special for the week.

- Plan your meals around the sale items.
- Look for lean meats, fat-free and low-fat dairy items, and fresh or frozen fruits and vegetables featured that week.

#### Shop with a list.

- Make a shopping list **before you go to the store** as you plan what meals you'd like to make for the week. Stick to a list and avoid buying items on impulse . . . and off your budget.

### Step 2: Shop to get the most value for your money

**Carla:** I buy fresh fruits and vegetables in season and save money this way. If I want berries in winter, I buy the frozen kind. Or, when I see chicken breasts or turkey breasts on sale, I buy several packs and freeze any extras to use later.

#### Buy sale items and generic or store brands.

- Buy items featured in store promotions and coupons in the newspaper or online ads. Some stores have their own apps to help you find and plan budget purchases. Buy store or generic brands, as they often cost less than name brands.

#### Choose frozen.

- Buy frozen vegetables without added sauces or butter. They are as good for you as fresh and can cost far less.

#### Buy in bulk, then make your own single-serving packs at home.

- Mix a big box of whole-grain cereal with raisins and a dash of cinnamon. Put in small baggies for on-the-go snacking.
- Peel and cut up a big bag of carrots. Put in small baggies for lunches or an anytime healthy snack.



For more information, visit [www.healthfinder.gov](http://www.healthfinder.gov).

## SMALL CHANGES CAN MAKE A BIG DIFFERENCE



### Step 3: Make cost-cutting meals

- **Padma:** Stretch your food dollars by making a second meal from leftovers—just add items you already have in your pantry. I took last night’s leftover baked chicken and cut it into small pieces. Then I added a can of black beans, a chopped onion, 2 cloves of garlic, spices, and some chopped tomatoes. I made a low-cost, tasty meal in 15 minutes! And my family got a healthy dinner.

#### Make a second meal or a side dish from leftovers.

- Stretch your dollars by adding items you already have on hand to make a second meal or tasty side dish.
- Use leftover chicken or turkey in casseroles, soups, chili, stir-fries, or tacos.
- Use leftover brown rice in soups and casseroles. For a great side dish, cook brown rice with vegetables and a beaten egg in a pan coated with cooking spray.
- Add leftover cooked or raw vegetables to salads, omelets, or casseroles. Or add leftover veggies to whole-wheat pasta and water-packed tuna for a healthy, low-cost meal.
- Mix leftover fresh or canned fruit (without added sugars) with low-fat plain yogurt or low-fat cottage cheese. Or put the fruit in oatmeal for a “good-for-you” breakfast.

#### Go meatless 1 or more days a week.

- Replace meat with beans for a less costly way to get lean protein. Beans and brown rice are a nutritious way to stretch a dollar. Add lentils to soups. They are delicious, cook up quickly, and are packed with protein and fiber.
- Make breakfast for dinner! Prepare a vegetable omelet with eggs, spinach, tomatoes, mushrooms, and reduced-fat cheese. Serve with fruit and whole-wheat toast. Your kids will love the “upside-down day” that is budget-friendly for you!

#### Visit the Internet for recipe ideas.

- Look on the Internet for many healthy recipes. Just type the words “healthy meals on a budget” in the search engine. Or visit [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov) to get recipe ideas that are easy on the wallet and good for your body.

We hope these budget-stretching ideas will help you as you take steps to eat healthy.



# Fruits and Vegetables Lower in Cost Year-Round

**Note:** Foods are fresh versions unless otherwise noted below.

## Fruits

- Apples
- Bananas
- Raisins
- Fruit cocktail, without added sugars
- Frozen concentrated 100% orange juice

## Dark green vegetables

- Romaine, fresh
- Spinach, frozen
- Broccoli, frozen

## Red and orange vegetables

- Baby carrots
- Whole carrots
- Red bell pepper, fresh or frozen
- Sweet potato
- Tomatoes, canned

## Starchy vegetables

- Corn, frozen or canned
- Green peas, frozen or canned
- Potatoes
- Green lima beans, frozen or canned

## Other vegetables

- Iceberg lettuce
- Cauliflower florets
- Cucumber
- Green beans, frozen or canned
- Onions, fresh or frozen
- Celery
- Green bell pepper, fresh or frozen

## Legumes (beans and peas)

- Pinto beans, canned or dried and cooked
- Black-eyed peas, canned or dried and cooked
- Red kidney beans, canned or dried and cooked
- White beans, canned or dried and cooked
- Mixed beans, canned or dried and cooked





# Weekly Meal Planner

Use this tool to help plan healthier meals for your family. Below are ideas for healthier breakfasts, lunches, and dinners. Use the chart to plan meals for a week. Try to plan 1 dinner that uses leftovers from the night before and one that features legumes (like black or kidney beans or black-eyed peas). Once you have the meals planned, write out your grocery list.



## Ideas for Healthy Breakfasts

- 1 cup whole-grain cold or ½ cup whole-grain hot cereal, ½ cup fat-free or low-fat milk, and ½ cup fresh or frozen fruit, such as blueberries, sliced strawberries, or bananas
- 2 slices whole-grain toast with 2 tablespoons peanut butter, 1 cup low-fat or fat-free yogurt, and ½ cup 100% juice
- 2 scrambled eggs, 1 slice whole-grain toast, 1 cup fat-free or low-fat milk, and ½ cup sliced strawberries
- 2-egg omelet with 1 cup spinach, ½ cup mushrooms, ¼ cup onion, and 1.5 ounces low-fat cheese, with 1 slice whole-grain toast, and 1 small orange



## Ideas for Healthy Lunches

- 1 cup garden salad with 1 tablespoon oil-based dressing and ½ turkey sandwich on whole-wheat bread with lettuce, tomato, and mustard
- 1 cup broth or tomato-based soup and ½ lean roast-beef sandwich on whole-wheat bread with lettuce, tomato, and mustard
- 1 slice cheese or vegetable pizza made with low-fat cheese and small garden salad with 1 tablespoon oil-based dressing
- 2 tablespoons of hummus, 1.5 ounces of low-fat cheese, spinach, tomato, and carrot on a whole-wheat wrap, with 1 medium apple, and a small garden salad with 1 tablespoon oil-based dressing



## Ideas for Healthy Dinners

- 3 ounces grilled honey-mustard chicken, 1 cup steamed green beans, and ½ cup wild rice
- 3 ounces baked fish with lemon dill dressing, 1 cup herbed pasta, and 1 cup steamed frozen vegetables (such as mixed vegetables)
- 1 cup whole-wheat pasta with ½ cup tomato sauce, ½ cup steamed broccoli, 1 slice whole-grain bread, and ½ cup pineapple slices
- 3 ounces low-sodium seasoned tofu, 1 baked sweet potato, 1 cup steamed asparagus



# CREATE A GROCERY GAME PLAN

## WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

**NOTES:**

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# CREATE A GROCERY GAME PLAN

## GROCERY LIST

### FRUITS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### GRAINS

(BREADS, PASTAS, RICE, CEREALS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### DAIRY

(MILK, YOGURT, CHEESE)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### VEGETABLES

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### PROTEIN FOODS

(MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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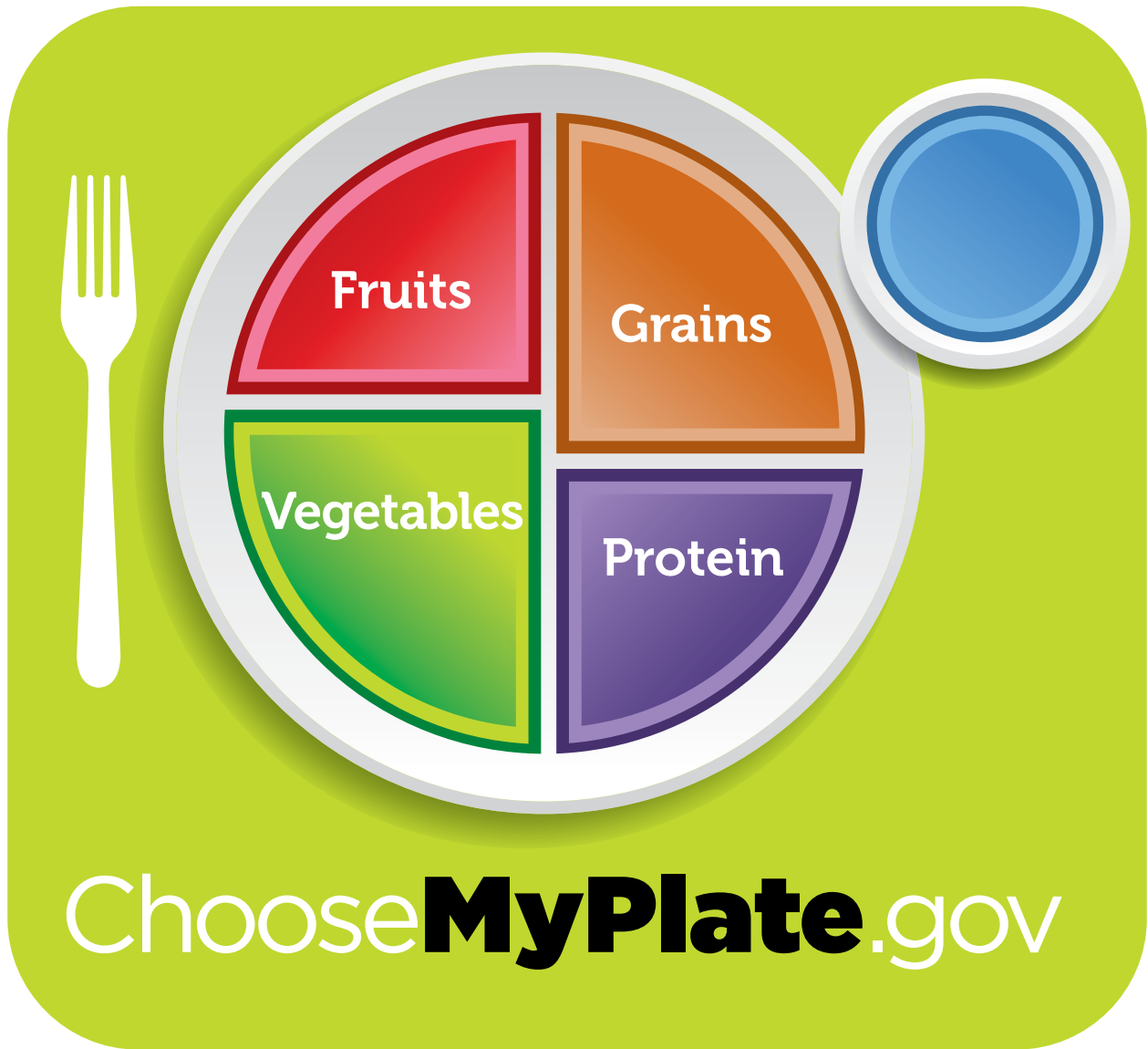
### NOTES:

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# **MyPlate, MyWins**

Healthy Eating Solutions for Everyday Life



United States Department of Agriculture

**10 tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
**Dietary**  
**Guidelines**  
for Americans

# Eating better on a budget

**Get the most for your budget!** There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

## 1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



## 2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

## 3 Compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

## 4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



## 5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

## 6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

## 7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



## 8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

## 9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

## 10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.

Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider, employer, and lender.

Go to **ChooseMyPlate.gov**  
for more information.

**DG TipSheet No. 16**  
November 2011  
Revised October 2016

# Evaluation

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor Agree 4 = Agree 5 = Strongly Agree

1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to plan meals for the week ahead of time this week. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5

8. Please tell us which materials you found most useful.

