

Family Nutrition Newsletter

November 2022



Healthy Eating on a Budget

Many Americans believe that the current cost of food is too high, especially healthful foods.

In fact, the average cost of foods has increased 9-10% over the past year and is expected to keep on rising!! This can sometimes lead families to purchase large amounts of lower cost processed foods that aren't as healthy for growing kids.

Here are some some tips and tricks to keep you and your family eating healthy, while sticking to your food budget:

1

BUY IN BULK

This requires upfront cost and storage space, but try buying in bulk any time you can. Vegetables can be cleaned, trimmed and frozen to save for later. Fresh fruits can be bought in season and frozen. Meats should be frozen in increments that you typically use. For example, large batches of ground beef can be divided into one pound sections and frozen. Chicken breast can be wrapped and frozen individually. This can also be done for nonfood items such as paper towels, toilet paper, etc.

2

CANNED AND FROZEN PRODUCE ARE GREAT OPTIONS!

Canned and frozen fruits and vegetables are nutritionally the same as fresh ones! Plus, you can easily look for sales and buy in bulk thanks to a longer shelf life. There are a few things to look for to make sure you are getting the healthiest variety: 1) avoid added salt and sauces with the canned and frozen vegetables. 2) Avoid added sweeteners and sugar with frozen and canned fruit. The only ingredients should be the produce itself!

3

PLAN AHEAD

Sitting down to create a weekly menu and a grocery list will help save money. Take a look at your week ahead and plan accordingly. Consider which nights you'll be home for a family dinner and which nights you are running around trying to get kids to various activities. If there is a plan in place you'll be less likely to resort to take out or more expensive convenience foods during the week.

4

TRY ONLINE ORDERING

Walmart, Kroger, and many other grocery stores offer the option of online ordering. Some stores offer this for free, with a minimum spending criteria. The online systems show you what you are spending as you add items to your cart, allowing you to better manage your grocery budget. It's not a wild guess at the checkout counter. Once everything is entered, go through and remove or adjust any items until the cost equals your budget for the week. Since they do the shopping, you'll be saving time too.