



TRACKS Lesson Plan

Caregiver Workshop - Eating Well on a Budget

Audience: Caregivers

I. Nutrition Education Objectives:

Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health

Objective: As a result of Pennsylvania's SNAP-Ed plan, students will know, understand, analyze, and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and/or snacks.

Goal 3: Caregivers will be able to access materials that will reinforce concepts to their school-age children related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, caregivers will:

1. Access valid, reliable and appropriate resources that promote health.

II. Content:

- A. Participants will identify common barriers to eating healthy.
- B. Participants will identify money saving strategies for eating healthy.
- C. Participants will practice budgeting principles.

III. Materials:

- A. PowerPoint presentation: "Eating Well on a Budget," laptop and projector; mini screen (optional)
- B. Handouts:
 1. Optional Activity: Plan a low-cost menu
 2. USDA Tip Sheets: *Eating Better on a Budget & Smart Shopping for Veggies and Fruit*
 3. Food Labeling handout – "A Healthy Habit: Read Food Labels" (LZE) or appropriate alternative
 4. ERN Information Sheet
 5. Copies of recipe to be prepared
 6. SNAP Brochure and Insert
 7. Caregiver Newsletter
- C. Supplies: Pencils, pens, calculators
- D. Cooking Activity: Hoppin' John Recipe
- E. Reinforcement that conveys the appropriate nutrition message

IV. Procedure:

A. Introductory

1. Introduction of Nutrition Educator.

- a. *Introduce self*
 - b. *Introduce Eat.Right.Now. Program* - Eat.Right.Now. is the official Pennsylvania Nutrition Education TRACKS Program of the School District of Philadelphia. Eat.Right.Now. provides nutrition education programs to Supplemental Nutrition Assistance-eligible adults and children in the Philadelphia community. These include:
 1. Nutrition education in the classroom, nutrition lessons for teachers, Health fairs, Science fairs, Assembly programs, Girls and Boys Clubs, Cooking clubs, Fruit markets, Training for School Personnel, Home and School meetings, Caregiver workshops, School Health Council, Sports Nutrition, Career fairs
 - c. *Icebreaker: What price is right?*
 - d. This game is an adaptation from the TV game show *The Price is Right*. Three food items will be shown on the screen. In your head, rank them from most to least expensive.
 - e. *Reveal the food items on the screen. Give the participants a minute to review them.*
 - f. *Take a vote:*
 1. What item do you think is most expensive? Raise your hand. The hamburger? The bananas? The apples?
 2. What item do you think is least expensive? Raise your hand. The hamburger? The bananas? The apples?
 - g. *Reveal the actual prices.* Are you surprised by how the prices rank? You can actually get a large amount of healthy food for less money than many unhealthy alternatives. Today we will talk more about making healthy choices on a budget.
2. Lesson introduction - *Ask the participants: Why is a healthy diet important? Solicit answers and discuss the following bullets:*
1. Better school performance for your children
 2. Developmental growth
 3. Weight management and the prevention of overweight and obesity for both children and adults.
 4. Reduced risk of chronic diseases such as heart disease, type 2 diabetes, hypertension, high cholesterol, and stroke
 5. Reduced risk of early mortality

B. Developmental

1. Review reasons for our food choices.

- a. We make food choices for many different reasons. Think about what you ate today. Why did you eat those foods? *Solicit answers. Probe the audience if needed by asking a particular volunteer what he or she ate today and then asking questions as to why those foods were chosen. May*

need to encourage participation by giving an example of something eaten and the reasons it was selected.

- b. In general, food choices are influenced by our food preferences, health, individual and family characteristics, cultural background, social factors, personal circumstances, media influences, and resources.
2. *Review common barriers to healthy eating* – Sometimes it is hard to eat foods that we know are good for us. Why? What are some of the common barriers that prevent us from making the best food decisions? *Solicit answers from the audience.* Common barriers include:
 - a. time
 - b. availability and accessibility of food
 - c. confusing messages about food
 - d. personal preferences for foods
 - e. emotional distress
 - f. Money - Today, we are going to address the barrier of money.
3. You don't have to break the bank to eat well. Eating healthy doesn't mean buying the most expensive trendy foods at exclusive grocery stores. Healthy choices can be worked into your current food buying habits and resources.
4. The benefits of eating at home
 - a. *Ask participants to brainstorm reasons why eating at home may be beneficial.*
 - b. *Once ideas have been generated, reveal the reasons provided on the PowerPoint.*
 1. Time with family. Use meal time as a chance to connect as a family. Research has shown that children who eat more meals at home engage in less risky behavior and maintain a more balanced diet.
 2. Know what you're eating. When you make a meal yourself, you control how much fat and sodium are added to your foods. By putting yourself in the driver's seat you have the opportunity to substitute low-fat, low-sodium, and nutrient dense ingredients.
 3. Reduce temptation. When you see a deep fried appetizer or sugary dessert on a restaurant menu, all you have to do is say the word and you'll find it in front of you. This temptation is minimized when those foods require time and preparation.
 4. Portion control. When you make and plate food yourself you can control the amount of food you eat in a sitting. Restaurants tend to give large portions, and it's all too easy to overeat.
 5. Educational opportunities. When you cook at home you can get your kids involved. You can teach them family and cultural recipes and have conversations about healthy foods and caring for their bodies.
 6. Finally, and perhaps most powerfully, eating at home saves a huge amount of money. Meals in restaurants are severely marked up beyond the cost of ingredients and preparation. Add tax, tip, and gas money to get there and you've invested a lot of money. The

average family spends almost \$4000 eating out each year. By bringing some of those meals back home, your family can save thousands.

5. *Money-saving strategies: Before you Shop*

- a. Taking some steps before you go shopping can help you maximize your time and money
 1. Plan your meals for the week: Planning your meals will help you avoid extra trips to the store during the week, which means fewer impulse buys. Also, creating a plan will help you avoid getting too much food or extra unhealthy items. Look for healthy recipes online to help you plan your meals.
 2. Review grocery ads to find weekly specials and clip coupons for healthy foods: Save money by varying your menu according to sales and coupons at your grocery store. That doesn't mean you should buy a tub of ice cream because it's on sale. Look for sales on fresh (or frozen/canned without sugar/sodium) fruits and vegetables, lean meats, whole grain breads and cereals, and low-fat dairy products.
 3. Take inventory of the food already in your cupboard: Sometimes we let food sit on our shelves for months without using it. To avoid food waste look in your pantry when you are creating a plan for the week and see how you can incorporate what you already have into those meals to cut back on your grocery costs for the week.
 4. Create a list: a list will help you remember everything you need for the week's meals and to avoid impulse buys which are often unhealthy and costly.
 5. Don't shop hungry: When we're hungry we are primed to buy more food than we actually need.
 6. Try to shop without the kids: A lot of unhealthy, expensive, sugary food products are marketed toward kids with bright colors and appealing characters. Bringing the kids shopping may result in these items landing in your cart. If you do bring the kids with you, use it as an educational experience; talk to them about math and nutrition to keep their minds off the sweets.

6. *Money-saving strategies: At the Store*

- a. Being conscious of your budget and the nutritional quality of food in your cart will help make for a more successful in-store grocery shopping experience
 1. Sign up for a loyalty card: shopper's cards will provide you with additional store discounts and savings
 2. Buy store brands: Popular brands are often strategically placed at eye-level on the shelves. Don't be fooled, store brands are usually just as good and are placed higher or lower on the shelf
 3. Look at unit prices: Unit prices break the cost of an item into per pound, ounce, or pint so you can more easily compare how much

- you are getting for your money. It is usually listed in the corner of the price tag on the shelf. *Refer to the image on the PowerPoint*
4. Buy in-season: In-season produce is usually less expensive than it would be at other times in the year. Buying fresh produce from farmers markets is often just as, if not more, affordable than the grocery store because it cuts out the middleman.
 5. Buy in bulk: Buy the biggest container of milk your family can get through in a week. Or buy a whole chicken and cut it into parts yourself. These larger items usually come at a lower unit price than their smaller counterparts.
 6. Read the label: When comparing items or brands, look at the nutrition label to help you weigh the options. *How to read a Food Label is addressed in another Caregiver Workshop. Provide handout – “A Healthy Habit: Read Food Labels” or another appropriate label reading handout.*
 7. Stock up on healthy sales: If a healthy item is on sale, buy as much as you will reasonably need before the product goes out of date. Keep portion sizes in mind though; don't eat more of it just because it was on sale.
 8. Stick to the list: You worked hard to create a list of exactly what your family needs for the week. Remember that straying from your list often involves making unhealthy impulse buys that throw off your budget without adding nutritional value to your family's diet.
- b. *Next Slide.* Here are nutrition facts labels from two different cereals. If both are on sale for \$2.00 per box, which would you choose? Why? *Ask participants to share what they usually look at and what may be confusing to them. Suggest looking at serving size, calories, fat, sodium, sugar, and vitamins as you discuss the pros and cons of each. Go over which cereal is healthier in each of the above mentioned categories by clicking through the items on the next slide.*
7. *Money-saving strategies: At Home*
- a. Once you're home from the grocery store, follow these tips to stretch your dollar and maximize the nutritional quality of your foods
 1. Package snacks yourself: Instead of buying packaged snacks at the store, when you get home, pre-package nuts and seeds, whole grain cereal, low-fat cheese, and dried fruits or fresh fruits and veggies into baggies to use as snacks throughout the week. These homemade snack-bags will be cheaper, fresher, and more nutrient-dense than their processed alternatives.
 2. Drink water: Instead of buying soda to go with dinner, put out a pitcher of water or glasses of low-fat milk as a beverage. These options are healthier and much more affordable.
 3. Control portions: Get you and your family used to eating moderate portion sizes and practice walking away before you're tempted to have seconds. Most of us eat portions that are far too large for us. Scale back in size to save excess calories and food waste.

4. Freeze leftovers: Once your family is choosing healthy portions, you will have leftovers from your meals. Freeze your leftovers to use for another meal.
5. Cook in batches: If you had space in your budget to stock up on an item and have some time to spare, make a large batch of a food, divide it into meal-size portions and freeze it to save you time and money in weeks to come. This works well with things like spaghetti sauce, soup, and chili. What kinds of meals do you prepare that might be good to make in batches?
 - b. *Ask participants if they have any other tips to add in terms of shopping and food preparation.*
8. Cooking Activity
 - a. Hoppin' John Recipe
 - b. *Review the recipe. Provide each participant with a copy of the recipe. Encourage them to prepare it with their children at home.*
 - c. Optional Activity: If there is down-time during the cooking activity
 1. *Distribute the extension activity: Plan a low-cost menu, pages 7-11 below*
 2. *Participants should use approximations of average prices they pay for foods to estimate the cost of the food they list on their menu.*

V. Conclusion:

- A. *Thank the participants for their time and answer any questions they may have.*
- B. *Distribute hand wipes.*
- C. *Provide each participant with a food tasting of the prepared recipe and encourage him or her to make small changes in his or her diet now. Explain why the food is a healthy option.*
- D. *Distribute caregiver handouts, including SNAP brochure and insert. Explain purpose of SNAP.*
- E. *Distribute reinforcements and explain the reasoning for the reinforcement,*

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Hoppin' John

Yield: 4 servings

Serving size: 1 cup

Ingredients:

½ cup uncooked instant brown rice

1 tsp canola or corn oil

3 ounces low-fat smoked turkey sausage ring (lowest fat and sodium available), quartered lengthwise and cut crosswise into ¼-inch pieces

½ medium red bell pepper, finely chopped

1 medium fresh jalapeno, seeds and ribs discarded, finely chopped

1 15.5-ounce can no-salt-added black-eyed peas, drained

½ cup water

¼ teaspoon salt

Instructions:

1. Prepare the rice using the package directions, omitting the salt and margarine.
2. Meanwhile, in a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom.
3. Cook the sausage for 3 minutes, or until richly browned, stirring frequently.
4. Stir in the bell pepper and jalapeno. Cook for 1 minute.
5. Stir in the peas, water, and salt. Cook for 2 minutes, or until the mixture has thickened slightly but some liquid remains.
6. Remove from heat. Let stand, covered, for 5 minutes so the flavors blend. Stir in the rice.

Nutrition Information (per serving):

Calories: 186

Total Fat: 3.5g

Saturated Fat: 0.5 g

Trans Fat: 0g

Polyunsaturated Fat: 1.0g

Monounsaturated Fat: 1.5g

Cholesterol: 14mg

Sodium: 278mg

Carbohydrates: 27g

Fiber: 5g

Sugars: 5g

Protein: 10g

Source: *47 Healthy Soul Food Recipes* Cookbook, American Heart Association

A Typical Day's Menu

The following are daily Food Group Plans for a nutritious diet with 1600 and 2000 calories. Select one of these plans to use for this assignment.

Food Group	Calorie Level	
	Daily amount of food from each group for:	
	1600 calories	2000 calories
Fruits	1.5 cups	2 cups
Vegetables	2 cups	2.5 cups
Grains	5 ounces	6 ounces
Protein	5 ounces	5.5 ounces
Dairy	3 servings	3 cups
Discretionary Calories	132 Calories	267 Calories

For details on specific kinds of food in each food group and their serving sizes, go to the MyPlate website: <http://www.choosemyplate.gov/>

On the "Daily Menu Form," write out a menu with food that you would eat at home on a typical day that follows one of the above Food Group Plans. Give the time of day for each meal or snack and include the amounts of each food.

Here is an example of a breakfast menu to show how to fill in the form:

Daily Menu	Food Item	Amount Eaten
Breakfast Time: 7:00 AM		
Fruit	Banana	1 large
Vegetable		
Grain/Cereal	Frozen waffles	2
Protein		
Dairy	2% milk	12 ounces
Discretionary	Syrup	2 tablespoons

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Daily Menu Plan

Daily Menu	Food Item	Amount Eaten
Breakfast Time: _____		
Fruit		
Vegetable		
Grains		
Protein		
Dairy		
Discretionary		
Snack Time: _____		
Fruit		
Vegetable		
Grains		
Protein		
Dairy		
Discretionary		
Lunch Time: _____		
Fruit		
Vegetable		
Grains		
Protein		
Dairy		
Discretionary		
Dinner Time: _____		
Fruit		
Vegetable		
Grains		
Protein		
Dairy		
Discretionary		

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Cost of a Day's Menu

Directions:

Use the worksheet to estimate the cost of the food on your menu of typical foods at home. You will need information on food prices, the "Weights and Measures Chart" and a calculator.

- 1 Place the foods on your menu into their food group category on the "Cost of a Day's Menu Worksheet." If you had the same food more than once, enter the total amount for the day.
- 2 Fill in the price of the package, container, or other unit of the food as purchased in the grocery store.
- 3 Calculate the cost of the amount that you ate, rounding off to the nearest cent.
- 4 Total all costs for the day.

Following is an example of how to complete the worksheet using the Dairy Group, sample calculations are below:

Dairy Group Foods	Amount Eaten for the Day	Purchase Unit	Cost of Purchase Unit	Cost of Food Eaten
1 % Milk	3 cups	Half gallon (8 cups)	\$2.29	0.86 (1)
Swiss Cheese	2 ounces	1 pound (16 ounces)	\$3.39	0.42 (2)
Ice Cream	$\frac{3}{4}$ cup	Half gallon	\$2.50	0.23 (3)
Total for Dairy Group Foods:				\$1.51

Calculations:

(1) Cost of 1 cup of milk = \$2.29 (cost of half gallon or 8 cups) divided by 8 = 0.286
 Cost of 3 cups of milk = $3 \times 0.286 = 0.86$

(2) Cost of 1 ounce of cheese = \$3.39 (cost of 1 pound or 16 ounces) divided by 16 = 0.211
 Cost of 2 ounces of cheese = $0.211 \times 2 = 0.42$

(3) Cost of 1 cup of ice cream = \$2.50 (cost of half gallon or 8 cups) divided by 8 = 0.312
 Cost of $\frac{3}{4}$ cup of ice cream = $0.312 \times .75 = 0.23$

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Cost of a Day's Menu Worksheet

Food Group/Foods	Amount Eaten for Day	Purchase Unit	Cost of Purchase Unit	Cost of Food Eaten
Grains				
Vegetables				
Fruits				
Protein				
Dairy				
Discretionary				
Total Cost of Food for a Day				\$

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Weights and Measures Chart

Liquid Measures

1 gallon = 4 quarts = 8 pints = 16 cups = 128 fluid ounces
 $\frac{1}{2}$ gallon = 2 quarts = 4 pints = 8 cups = 64 fluid ounces
1 quart = 2 pints = 4 cups = 32 fluid ounces
1 pint = 2 cups = 16 fluid ounces 1 cup = 16 Tablespoons = 48 teaspoons = 8 fluid ounces
2 tablespoons = 1 fluid ounce

Dry Measures

1 cup = 16 tablespoons = 48 teaspoons = 250 ml
 $\frac{1}{2}$ cup = 8 tablespoons = 24 teaspoons = 125 ml
1 tablespoon = 3 teaspoons = 15 ml 1 pound = 16 ounces (weight)

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**10
tips**
Nutrition
Education Series

eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food 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 stir-fries, 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 more economical.

4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and 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 vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. 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 carrots, greens, or potatoes. 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 your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken 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. Stick to water instead of ordering other beverages, which add to the bill.



Go to www.ChooseMyPlate.gov for more information.

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10 tips
Nutrition
Education Series

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.



Go to www.ChooseMyPlate.gov for more information.

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