

Eating Better on a Budget

Healthy Tips & Ideas

There is a strong connection between good nutrition and good health. Healthy eating can help prevent many types of cancer and other chronic diseases, including heart disease, stroke and diabetes.

Making healthy choices does not have to hurt your wallet. To get the most food for your budget, follow these simple tips:



Plan, plan, plan

Before you head to the grocery store, plan your meals for the week. Check to see what foods you already have and make a list for what you still need.

Get the best price Check the local newspaper, online and at the store for sales and coupons.

Buy in bulk Foods are almost always cheaper in bulk. Smart choices are family packs of chicken, steak or fish and larger bags of potatoes and frozen vegetables.

Cook once...eat all week Use the weekend or days off of work or set time aside to prepare many meals at a time. You can freeze meals in individual containers and then enjoy them throughout the week.

Buy in season Fresh fruits and vegetables that are in season are usually cheaper.

However, carrots, greens, potatoes, apples and bananas are low-cost options all year round.




Go back to the basics Skip the convenience foods and take the time to prepare your own. Frozen dinners, pre-cut vegetables and instant rice or oatmeal usually cost more than making them from scratch.

Add sides that fill you up Barley, beans and brown rice are cheap and healthy sides to add to a meal. Adding these to a meal will make you feel full and keep you from snacking after a meal. Eating a large salad before the meal will also make you feel full.

Get your creative juices flowing Don't be afraid to try out new recipes in the kitchen. Think about ways that you can use leftovers to add to other dishes instead of throwing them away. For example, you could use leftover chicken in a stir-fry or over a garden salad.



Take home the leftovers Dining out can be expensive. You can save money by going out for lunch instead of dinner or ordering water instead of a beverage. Restaurants also serve larger portion sizes. Make it last by taking home half of your meal.

 Turn over for more information

Eating Better on a Budget

Where can I get more information?

The USDA's Center for Nutrition Policy and Promotion provides information on portion size, serving suggestions, healthy meal tips and recipes.

Phone: 1-888-799-7264

Website: www.choosemyplate.gov

The American Heart Association's Nutrition Center offers information about healthy diet goals, smart shopping, recipes, healthier meal preparation methods, smart substitutions and much more.

Phone: 1-800-AHA-USA-1 (1-800-242-8721)

Website: www.heart.org

The National Cancer Institute provides accurate and up-to-date information about cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

Phone: 1-800-4CANCER (1-800-422-6237)

Website: www.cancer.gov

Local Notes:



Carbone Cancer Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH



ruralcancernetwork.org



**Cancer Health
Disparities Initiative**

For more local information, please contact:

Place label here