

Eating Healthy on a Budget

Everyone enjoys saving money at the grocery store. Lowering food costs is especially important for those shopping on a budget. Sometimes, shopping for healthy foods on a budget may seem hard. Thankfully, the United States Department of Agriculture has several tips that can empower anyone on a budget to buy and eat healthy foods!

Using these tips can help you shop for healthy foods on a budget:

PLAN

- Plan out your menu for each week. Find out which foods are on sale as you plan.
- Plan on buying fruits and vegetables that are “in-season.” They will usually cost less and taste better. For vegetables that are not in season, buy frozen or low-sodium canned vegetables. Rinsing canned vegetables can help lower sodium.
- Check out prices at local farmer’s markets and farm stands. They often sell produce at a lower price.

PURCHASE

- Note that pre-cut produce usually costs more than whole produce.
- Go food shopping when you are not feeling hungry. Shopping hungry can lead to overspending.
- Buy items in bulk to save money.
- Compare unit prices of different products and brands to find the best prices.

PREPARE

- Try cooking stir-fries, soups, and stews to “stretch-out” items that cost more.
- Prepare double portions of meals and save leftovers. This can help you make the most of a tasty meal!

The below recipe is from the USDA Mixing Bowl Website. For more information about eating healthy on a budget, feel free to visit: <https://www.choosemyplate.gov/budget>

Barley Jambalaya Recipe (serves 6)

<u>Ingredients</u>	<u>Directions</u>	<u>Nutrition Information Per Serving</u>
1 cup instant pearl barley	1. Rinse barley in a colander under cold water	Serving size = 1 ¼ cups
4 cups water	2. In a medium pot over high heat, bring barley, water and bay leaves to a boil. Reduce heat to low, cover, and cook until barley is tender and water is absorbed (about 20-30 min)	Calories = 230
2 whole bay leave	3. Peel, rinse and chop onion, celery and pepper. Peel and mince garlic.	Total fat = 4.5g.
3 medium onions	4. In a large pot over medium-high heat, heat oil and add onions, celery, pepper and garlic. Cook until veggies are soft, about 5 minutes.	Saturated fat = 0.5 g.
2 medium celery stalks	5. Add ground turkey and cook until internal temperature is 165 °F	Sodium = 440mg
1 medium bell pepper	6. Add tomatoes and their juices. Bring to a simmer. Add spices and stir to combine. Cook at a low simmer for 15 minutes	Total Carbohydrate = 41g.
2 medium cloves garlic	7. Add cooked barley and more water/ broth if needed. Cook over low heat to blend flavors for another 5-10 minutes.	Dietary fiber = 9g.
1 Tbsp. canola oil	8. Remove bay leaves. Serves 6. Enjoy!	Protein = 9 g.
4 ounces ground turkey		
2 cans (14.5 ounce) diced tomatoes		
1 tsp. salt		
½ tsp. ground cayenne pepper		
1 ½ teaspoon dried oregano		
1 teaspoon ground black pepper		