

Nutrition & Meal Planning on a Budget



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Challenges...

- Hectic lifestyles with busy households
- Limited food budgets
- Lack of time for meal preparation
- Preparing meals that work for the whole family
- Limited cooking skills and need for appropriate recipes



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Objectives

At the end of this presentation, the audience should be:

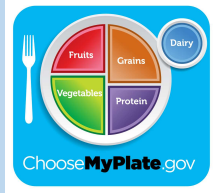
- ✓ Knowledgeable about healthy food choices in each food group
- ✓ Aware of how to obtain affordable, healthy foods and grocery shopping tips
- ✓ Familiar with healthy food preparation methods
- ✓ Aware of available nutrition resources and affordable recipes suggestions
- ✓ Knowledgeable of the 2023 TN Grocery Tax Holiday



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Nutrition

“the process of providing or obtaining the food necessary for health and growth.”



<https://www.choosemyplate.gov/>

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USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.

Limit Choose foods and beverages with less added sugars, saturated fat, and sodium.

Activity Being active can help you prevent disease and manage your weight.

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2 cups	2½ cups	6 ounces	5½ ounces	3 cups
<p>Fruits</p> <p>Focus on whole fruits, like apples, oranges, lemons, or grapes.</p> <p>Buy fresh to have the most nutrients. If you buy frozen, choose 100% fruit juice, which adds no added sugars.</p>	<p>Vegetables</p> <p>Eat a variety of vegetables and beans. Focus on dark green leafy vegetables, beans, lentils, and peas.</p> <p>Look for the "no added salt" or "no added sodium" label.</p>	<p>Grains</p> <p>Choose whole grain products like oatmeal, quinoa, and brown rice.</p> <p>Not sure if it's whole grain? Check the ingredients list for the words "whole grain" or "whole grain flour."</p>	<p>Protein</p> <p>Eat a variety of protein foods such as beans, lentils, tofu, and nuts.</p> <p>Look for products with no added salt or sugar. Choose lean cuts of meat and poultry that are broiled, baked, or roasted.</p>	<p>Dairy</p> <p>Choose low-fat (1%) or fat-free dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Look for products with no added sugar.</p>
<p>Daily Food Group Targets – Based on a 2,000 Calorie Plan Visit MyPlate.gov/MyPlatePlan for a personalized plan.</p>				
<p>1 cup of fruit</p> <p>1 cup of vegetables</p> <p>1 cup of beans</p> <p>1 cup of whole grains</p> <p>1 cup of low-fat or fat-free dairy</p>	<p>1 cup of fruit</p> <p>1 cup of vegetables</p> <p>1 cup of beans</p> <p>1 cup of whole grains</p> <p>1 cup of low-fat or fat-free dairy</p>	<p>1 cup of fruit</p> <p>1 cup of vegetables</p> <p>1 cup of beans</p> <p>1 cup of whole grains</p> <p>1 cup of low-fat or fat-free dairy</p>	<p>1 cup of fruit</p> <p>1 cup of vegetables</p> <p>1 cup of beans</p> <p>1 cup of whole grains</p> <p>1 cup of low-fat or fat-free dairy</p>	<p>1 cup of fruit</p> <p>1 cup of vegetables</p> <p>1 cup of beans</p> <p>1 cup of whole grains</p> <p>1 cup of low-fat or fat-free dairy</p>

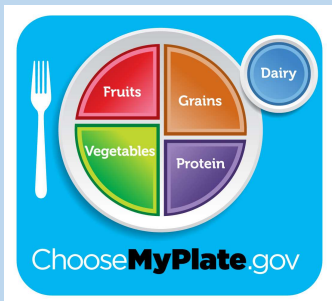
Limit Choose foods and beverages with less added sugars, saturated fat, and sodium.

Activity Don't forget physical activity! Being active can help you prevent disease and manage your weight.

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Food group selections

- Aim to serve foods from multiple food groups with each meal.
- Make it easy by keeping inventory of the foods you have at home- know your pantry, fridge and freezer before you shop.
- Don't make meal planning hard. Sometimes we are just pulling quick options to provide a healthy meal for the family.
- **Quick, healthy lower cost meal example:**
 - Canned beans and leftover rice (protein and grain)
 - Canned green beans (vegetable)
 - Apple or applesauce (fruit)
 - Cup of low-fat milk (dairy)



<https://www.choosemyplate.gov/>

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“Shop Simple” with MyPlate

- **MyPlate can help you make healthy choices within your budget.**
- Open Shop Simple on your phone or use a computer
- Discover new ways to prepare budget-friendly foods.
- View budget friendly foods and find tips for preparing budget-friendly foods.
- Find local savings by entering your zip code for rewards and stores that accept SNAP EBT near you.



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Healthy Eating on a Budget www.foodhero.org

Recipes developed for SNAP recipients

- **Healthy recipes** that are tasty, quick, easy and low-cost.
 - Recipes for meals in 30minutes or less
 - Kid approved recipes and many more
- **Gardening tips** that are simple, timely and low-cost
- Materials developed by **cultural workgroups**.
- **Food Hero Monthly** with tips about featured foods.
- Seasonal **blog posts** on nutrition and gardening topics
- All information is available in **Spanish** and in **English**.



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Food preparation for nutritious meals

- **Avoid frying foods**- try baking, broiling, grilling, air frying, roasting, pressure cooking or steaming for low fat alternatives
- **Avoid purchasing frozen and deli foods that are already fried**- example: chicken tenders or fish sticks. You can bake a chicken or oven fry instead.
- **Trim any visible fat off meats** before cooking and aim to use as little oil or butter with cooking
- **Low sodium chicken broth (or bouillon cubes)** can be used with sauteing or cooking vegetables so that significantly less fat (oil or butter) can be used.
- **Try to always have at least one fruit or vegetable with each meal.**
 - Example: 1 orange with breakfast or baby carrots with sandwich at lunch and pizza with a large side of mixed vegetables and/or a fruit cup.



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Healthy Eating on a Budget



- **Frozen fruits and vegetables**
 - Cheaper, easy to store, frozen at peak ripeness
- **Fresh fruits and vegetables**
 - Typically, they are more affordable when in season.
 - Local farmers or farmer's markets might be more affordable
- **Canned fruits and vegetables**
 - Rinse to remove excess sodium
 - Choose fruits in their own juice NOT syrup
- **Organic / Non-GMO ≠ Healthier**
- **Plan meals ahead**
- **Avoid purchasing "junk" foods**
- **Look for sale or reduced items, and if possible be sure to sign up for store loyalty cards for electronic coupons.**
- **Buy cheaper protein or try a Meatless Monday**
 - Eggs, peanuts, beans, canned fish, chicken thighs instead of breast, etc.

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Grocery Shopping Tips

Aim to plan out meals for the week with a grocery list and do your best to keep to your list.

Shop at budget friendly stores (such as ALDI or Save a Lot)

Get the family involved as much as possible with meal suggestions, new foods/recipe selections, but it might be best to shop alone as it can be harder to keep to the list when you have others adding items to the cart.

Avoid the grab-and-go foods, especially the foods near the checkout as these are typically more expensive.

- **Prepare your own healthy snacks in baggies** that are planned out for the week-the family can help with this preparation. Examples: raisins or peanut butter crackers (homemade) or pretzels in snack baggies

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Grocery Shopping Tips

- Eat before you shop.**
- Clip coupons** and keep them handy so you remember them.
- Keep with water** instead of soda drinks and other bottled/flavored drinks.
- Create a food budget** and aim to keep to the budget
 - Track your food spending for a week (include any eating out expenses and subtract off any food assistance you receive) then multiply the amount you spend by 4 to find your monthly food budget.

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Dollar Store Suggestions

- Canned vegetables (carrots and beans) and canned fish (tuna) and chicken
- Canned and dried fruits (raisins and cranberries)
- Below are some options to help you get the nutrients your body needs (from the Canned Food Alliance):
 - Fiber: black beans, pears
 - Potassium: sweet potatoes, carrots
 - Magnesium: spinach, navy beans
 - Iron: kidney beans, beans
 - Folate: peas, corn
 - Calcium: green beans, pinto beans
 - Vitamin A: pumpkin, apricots
 - Vitamin C: peaches, tomatoes
 - Vitamin D: salmon, tuna
 - Vitamin E: garbanzo beans, asparagus
- Whole grains, canned beans, string cheese
- Nuts, nut butters and sunflower seeds
- Popcorn (lower fat varieties), oatmeal



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Dollar Store – Example sample menu

Breakfast

- 2 frozen waffles with 2 Tablespoons of peanut butter or 2 slices of toast with melted cheese slices
- ½ cup canned mixed fruit (in juice)
- 1 cup of low-fat milk

Lunch

- 2 slices of turkey and 1 slice of cheese or 3oz of tuna
- 2 slices of whole wheat bread
- 1/2cup of apple sauce
- 1/2cup of peanuts


Supper

- 3-4oz boneless low-fat ham steak
- 1cup of frozen vegetables
- ½ canned peaches (in juice)
- 1cup of low-fat milk

Snack: 1 string cheese and/or mini box of raisins

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Tennessee 2023 Grocery Tax Holiday



- Beginning August 1st - October 31st at 11:59 pm.
- No sales tax on food and food ingredients.
- Food and food ingredients are defined as liquid, concentrated, solid, frozen, dried, or dehydrated substances that are sold to be ingested or chewed by humans and are consumed for their taste or nutritional value.
- <https://www.tn.gov/revenue/taxes/sales-and-use-tax/sales-tax-holiday/sth-food.html>
- Not included:** prepared food, dietary supplements, candy, alcoholic beverages, and tobacco and foods purchased from a micro market and vending machines


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References/Resources:



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Any questions?



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