

## EATING HEALTHY ON A BUDGET

### RECIPE RESOURCES

**USDA Recipe Finder:**  
<http://recipefinder.nal.usda.gov/>

**USDA's Collection of Nonfat Dry Milk Recipes:**  
<http://www.fns.usda.gov/fdd/recipes/hhp/NFDM-Recipes.pdf>

**Creative Recipes for Less Familiar USDA Commodities Used by Household Programs:**  
<http://www.fns.usda.gov/fdd/recipes/hhp/HHP-CreativeRecipes-rev2.pdf>

**USDA Commodity Fact Sheets and Recipes:**  
[http://www.fns.usda.gov/fdd/facts/hhpfacts/cfs\\_allhhpfactsAlpha.htm](http://www.fns.usda.gov/fdd/facts/hhpfacts/cfs_allhhpfactsAlpha.htm)

**IEFRN Recipes:**  
<http://www.purdue.edu/indianasefrn-network/newsletter/recipes/recipes.aspx>

Managing your food budget and creating enjoyable meals are important when resources are limited. This insert contains tips on how to save money while still serving healthy foods that you and your family will enjoy.



Photo source: <http://www.ars.usda.gov/is/graphics/photos/k4819-1.htm>

### BEFORE YOU GO SHOPPING

Saving money on food starts before you ever go shopping. When planning, here are some questions to consider:

- What foods do I already have?
- Are there some foods (ie. leftovers, fruits, vegetables) that need to be used soon and how can I use them?
- What are at least two ingredients I have that could be used in a recipe? What are the other ingredients I will need to complete the recipe? Can I use substitutions?
- What foods do I need to provide a balanced diet—do I need more fruits or vegetables?
- Where can I go to find easy and quick recipes? (see **Resources** to the left)

Answering these questions can help create a shopping list. Make the distinction between what you need versus what you want. Try organizing shopping lists by category (dairy, vegetables, meat, etc.) to avoid buying foods you don't need.

Viewing store advertisements during the planning stage is another helpful practice. Knowing what items normally cost will help you sort through advertisements.

Planning menus can help to save money and reduce waste. Take it one day at a time and plan leftovers into your menu. For example, if you have hamburgers one night, use it for chili later in the week.

### Table of Contents

Before shopping	Page 1
Label reading	Page 2
During shopping	Page 3
Putting it together	Page 4

# MAKING SENSE OF THE LABEL

FEBRUARY

2013

You can maximize your food dollars by choosing foods that contain a high amount of nutrients per calorie, known as nutrient density. Understanding a nutrition label can help you do this.

This tells you the serving size for the item; the rest of the label is based on this information. You can also see how many servings are in the entire container. If there are two servings, everything on the label will be doubled if the entire item is consumed.

This indicates how much energy, or calories, the food provides per serving. When comparing the calorie content of different products, make sure the serving size (grams) is the same.

The protein in a product is shown here. Choose low-fat dairy and lean meat options to increase protein without increasing fat.

This section has information on nutrients to reduce—saturated fat, trans fat, cholesterol, and sodium. Keep saturated fat to 10% of calories or less/day, choose trans-fat *as little as possible*, aim for 300g or less of cholesterol/day, and limit sodium to 1,500-2,300mg.

Monounsaturated and/or polyunsaturated fats may be listed in this section and are considered more favorable when compared to saturated or trans-fat. The 2010 Dietary Guidelines recommend replacing solid fats with these more desirable fats, found in oils and some foods, like fish and nuts.

Nutrition Facts			
Serving size: 5.3 oz (150 g)			
Servings per container 1			
Amount per serving			
Calories 120		Calories from Fat 0	
		% Daily Value	
<b>Total Fat</b> 0g			0%
Saturated Fat 0g			0%
<i>Trans Fat</i> 0g			
<b>Cholesterol</b> 5mg			2%
<b>Sodium</b> 45mg			2%
<b>Total Carb</b> 19g			6%
Dietary Fiber 0g			0%
Sugars 18g			--
<b>Protein</b> 12g			24%
Vitamin A 0%	Vitamin C 8%		
Calcium 15%	Iron 0%		

% Daily Values serve as a guideline for judging how much of a nutrient is contained in a food based on a 2,000 calorie diet. If a product has a %DV of 5% or less, it may be considered low in that particular nutrient. If a product has a %DV of 20% or more, it may be considered high in that particular nutrient.

The carbohydrates in the food item are described here. Choose foods high in fiber, but limit intake of added sugars. Added sugars are found in products like soda, energy and sports drinks, desserts, and candy. The 2010 Dietary Guidelines recommend limiting consumption of added sugars and solid fats to no more than 5-15% of total calories per day.

- For more information about reading labels, visit:
- » **Iowa State University Extension** (<http://www.extension.iastate.edu/foodsavings/shop/labels/>)
  - » **Mayo Clinic** (<http://www.mayo-clinic.com/health/nutrition-facts/NU00293/METHOD=print>)
  - » **U.S. Food and Drug Administration** (<http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>)
  - » **Dietary Guidelines for Americans 2010** (<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>)

With your shopping list in hand, ideas in your head, and knowledge of how to read nutrition labels, you can now start thinking about how you will shop. Tips to consider:

- Stick to your list
- Shop the perimeter; don't go through every aisle. In general, the "healthier" items will tend to be towards the perimeter
- Don't shop when you are in a hurry or hungry
- If children or other family members distract or pressure you, shop without them
- Avoid grocery stores at their most crowded times if this prohibits you from making the best choices
- Look high and low on the shelves to find deals that aren't at eye level



Photo source: [http://snap.nal.usda.gov/foodstamp/viewer.php?file=fs\\_recipes/imgs/shopping/shopping\\_vertical.jpg&file\\_loc=shopping\\_vertical.jpg](http://snap.nal.usda.gov/foodstamp/viewer.php?file=fs_recipes/imgs/shopping/shopping_vertical.jpg&file_loc=shopping_vertical.jpg)

## Another useful label: unit price

Understanding the unit price can help you select the most price-saving item. Let's look at an example:



Here are the prices for two jars of peanut butter. They are both priced at \$3.59, but you can see that their unit prices are different. The unit price per ounce helps you compare the products at a similar unit or measure. The unit price per ounce for the jar on the right is lower, making it the more economical choice.

## PUTTING IT TOGETHER

Budgeting and being conscious of how you spend money on food can bring great rewards to you and your family. Here are some budgeting tips that will help you observe your household practices and organization concerning meals.

**1** Organize your kitchen in a way that works for you. Try to keep counters cleared, your shopping list visible, your refrigerator and freezer organized, and your spices and utensils within easy reach.

**2** Think ahead and thaw any items you need beforehand, such as meat. If you have time, prepare and freeze vegetables before they are needed. Freeze leftover broth stock in ice cube trays for later use. To save more time, cook a meal in larger portions to freeze for a quick meal later.

**3** After you make a meal, take a look at your leftovers. Do the leftovers get used during the week or do they go to waste? If you have generated too much waste, perhaps you are buying more than you need or preparing foods that your family is not eating.

**4** To avoid waste, make sure you are practicing proper food safety so that you do not have to throw items away. Here are some resources to check out concerning food safety:

**5** When cooking meals and choosing recipes, are you following the plate method as outlined by ChooseMyPlate.gov? What does your plate look like at meals? Is your family choosing healthy beverages, such as milk?

- » **FoodSafety.gov** (<http://www.foodsafety.gov/keep/basics/index.html>)
- » **USDA Food and Drug Administration (FDA)** (<http://www.fda.gov/>)
- » **Centers for Disease Control and Prevention** (<http://www.cdc.gov/foodsafety/>)
- » **USDA Food Safety and Inspection Service** (<http://www.fsis.usda.gov/>)

**Photo source:** [http://snap.nal.usda.gov/foodstamp/viewer.php?file=fs\\_recipes/imgs/mealtime/mealtime\\_c1.jpg&file\\_loc=mealtime\\_c1.jpg](http://snap.nal.usda.gov/foodstamp/viewer.php?file=fs_recipes/imgs/mealtime/mealtime_c1.jpg&file_loc=mealtime_c1.jpg)

**Document sources:** <http://www.extension.iastate.edu/foodsavings/>; <http://www.cnpn.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>; <http://snap.nal.usda.gov/resource-library/manage-your-food-resources-wisely/meal-planning-shopping-and-budgeting>; <http://www.eatright.org/Public/content.aspx?id=5493#UObuH2HObes>