

# 10 WAYS TO SAVE MONEY ON HEALTHY FOOD

March 2013

## NEWS YOU CAN USE



### Do Not Forget These Other Great Resources:

Healthwise® Handbook, the 24-Hour Nurse Line, Nurse Online Chat, Audio Health Information Library® and you can go online to [www.express-health.com](http://www.express-health.com) for links to reliable health information.

### Challenge:

This weekend take the time to plan out your next week's menu.

[www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.sparkpeople.com](http://www.sparkpeople.com)  
[www.dailyspark.com](http://www.dailyspark.com)  
[usatoday30.usatoday.com](http://usatoday30.usatoday.com)

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Many people trying to eat healthy often feel that it is a more expensive lifestyle. However, eating healthy does not have to be hard on your bank account. Need proof? The best way to think of food cost is to consider portion size. A U.S. Department of Agriculture study found that when considering portion size, the ranking from least to most expensive is: grains, dairy, vegetables, fruit, protein and less healthy foods. That's right! Items like carrots, onions, beans, bananas and orange juice are all less expensive per portion than soft drinks, ice cream, candy, fries and fried chicken patties.

### Consider this, for \$20 you could buy:

- An 8-piece KFC chicken meal, 4 biscuits and 2 sides. Total \$19.61

### OR

- 2lbs chicken breasts, 10lbs potatoes, 8 ears of corn, 1lbs of peaches, 1 gallon skim milk, 1lbs 96% lean ground beef, 32oz tub of 99% fat-free Yoplait yogurt, 18oz can of oats, 2lbs frozen sweet peas and 1lbs of dried kidney beans. Total \$19.54

Making a healthier diet work for your budget might just be a matter of changing the way you navigate the grocery store. Follow these principles to help you re-navigate and save money on healthy food.

1. **Make a weekly menu.** Take the time to consider items you already have in your kitchen, what items are on sale in the store's weekly ad as well as your schedule for the week.
2. **Pick up household staples that are nutrient dense and inexpensive** (Especially when they go on sale!). Some examples: bananas, eggs, nuts, Greek yogurt, brown rice, beans, broccoli, canned tuna, poultry, pears, watermelon, carrots, apples, milk, pineapple, spinach, bell peppers, pasta and potatoes.
3. **Make a grocery list** based on your menu and other staples you need and stick to it.
4. **Be selective and flexible with produce.** Choose items that are in season or on sale.
5. **Buy frozen.** Frozen meat, poultry and produce are often less expensive. You also will not have to worry about these going bad any time soon.
6. **Choose generic or store brands,** and shop at the discount grocery store.
7. **Buy foods that are not pre-cut or pre-packaged.** It might be easier for you but it will cost you to have someone else do it. Slice your fruits and vegetables, choose the large container of quick oats over instant oatmeal packets, buy the whole chicken and ask the butcher to divide it for you.
8. **Do not buy junk foods!** If you are not replacing those cheese puffs with baby carrots you are not going to help your wallet or your waist.
9. **Freeze extra perishable food you bought.** Also, cook extra food and freeze for lunches and quick meals on busy nights.
10. **Stop eating out and stop buying processed meals.** Cooking at home will save you money and improve the quality of the meal.