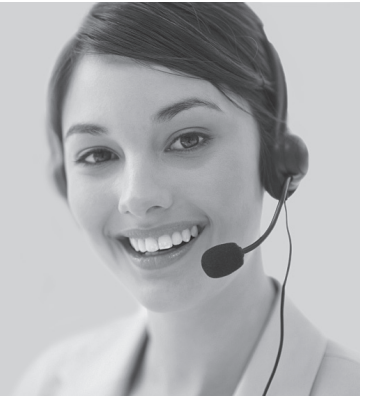


“It was great to talk with you.

Thank you for your interest in eating healthy on a budget.  
I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I am ready to help in any way I can.”



Are you on a tight budget? Follow these tips to save money on food:

### **Plan meals and make a weekly shopping list.**

- Write down what you plan to eat during the week ahead, then list the items you will need. Focus on what is simple and healthy. Include vegetables, fruits, whole grains, lean protein foods (cooked dried beans/split peas/lentils, fish, poultry, lean meat), nonfat or 1-percent milk or yogurt, low-fat cheese, and small amounts of oils, nuts, or seeds.
- Create a standard shopping list organized by the layout of the store where you shop. Copy the list each week and note the items that you need.
- Plan several meatless meals each week. Cooked dried beans, split peas, and lentils cost much less than meat.
- If you include meat in your meals, choose leaner cuts. Examples are beef and pork cuts with “loin” or “round” in the name.

### **Don't shop when you're hungry.**

- Eat a piece of fruit or drink some nonfat milk before you go to the grocery store.

### **Look for the best buys.**

- Buy items on sale. Look for in-store and manager specials.
- Use coupons but only for items you plan to use.
- Use shopper rewards cards. They may allow you to preload coupons from the store's website. They may also offer discounts or allow you to print coupons at the register.
- Larger cans and packages of food usually cost less. Compare the price per ounce or pound.
- Buy generic or store brands.
- Check the top and bottom shelves for items that cost less. Food companies pay the most to place items at eye level.

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**A healthier life is on the line for you!**

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# UPMC HEALTH PLAN

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## Healthy Eating on a Budget

- Shop the outside edges of the store first. That's where the fruits, vegetables, meats, bread, and dairy products are found. You'll get the most nutrition for your dollar from those foods.
- Don't waste your money on "empty calorie" foods. Empty calories are from solid fats and/or added sugars, which provide calories but no nutrients. Many foods with empty calories are found on the inside aisles. Examples are sweets, soft drinks, chips, and desserts.
- Beverages can increase your grocery bill. Water is one of the healthiest beverages, but what if you don't like the taste of tap water? Instead of buying bottled water, consider purchasing a water filtration system for your sink tap. Another option is a pitcher that includes a water filter.
- Avoid prepared items. You're paying for labor that you could do yourself.
- Buy fruits and vegetables in season. That's when they cost less. Otherwise, buy frozen or canned fruits and vegetables. They are just as nutritious, provided they don't have added fat, sugar, or salt.

### Seek out thrifty places to shop. Consider growing some of your produce.

- Look for farmers' markets, food co-ops, or buying clubs. Avoid convenience stores where the prices are highest.
- You may be able to grow some of your produce in the summer. Don't have a yard? You can grow tomatoes, strawberries, and peppers in containers on a sunny patio.

### Cook smart.

- Make double batches of recipes, then freeze what you don't eat right away.
- Proteins are often the most costly foods. Many Americans eat more protein than they need. One pound of raw meat, poultry, or fish makes 12 ounces cooked — enough for a healthful serving (2 to 3 ounces) for four people.
- Keep leftovers safe by refrigerating or freezing them quickly. At the end of the week, use leftovers to make a soup, stew, or casserole.
- When cooking less costly, leaner cuts of meat, choose cooking methods that tenderize the meat while it cooks. Try moist heat cooking such as braising or cooking in a crock pot. Low-fat marinades also help tenderize lean cuts.

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# UPMC HEALTH PLAN

Take Action

Check when completed	
<p><b>My SMART* goal for this week</b>                      Do your best to reach the SMART* goal you set with your health coach. Write it below. Check the box when you have completed it.</p> <hr/> <hr/>	<input type="checkbox"/>
<p><b>Staying on the path to wellness</b>                      When you are ready, choose one or two ways to cut back on unhealthy fat, sodium, or sugar. Set a weekly SMART goal for each one. Write your goals below. Check the boxes when you have completed them.</p> <ul style="list-style-type: none"> <li>• SMART goal 1:  <hr/> <hr/> </li> <li>• SMART goal 2:  <hr/> <hr/> </li> </ul>	<input type="checkbox"/>   <input type="checkbox"/>

\*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, "This week, I will make a grocery list before I go shopping. I will stick to the items on that list."

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

**Source:** Choose MyPlate. Available at [www.choosemyplate.gov/budget](http://www.choosemyplate.gov/budget). Accessed February 2, 2018.



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UPMC HEALTH PLAN