

EAT WELL, SPEND LESS



Smart Savings for Healthy Eating

You can still eat healthy foods while also being on a budget. Eating healthy whole food decreases your risk for lifelong conditions, such as heart disease, obesity, and cancer. This, can reduce the need for costly medications, treatments, and trips to the doctor.

Follow these tips in order to eat well while spending less:

- **Cook at home:** Food cooked at home is often cheaper and healthier per serving than what you get at a restaurant. Cook large portions and use leftovers for lunches or freeze in single-portion sizes to be enjoyed later.
- **Focus on whole foods:** The cost of processed and convenience food adds up. Whole grains, like brown rice and oats, are often cheaper per serving than most processed grains.
- **Reduce meat:** Beans and lentils are both cheap and nutritious sources of protein. Replacing meat once or twice a week with plant-based protein can lower the cost of your grocery trip.

Shopping Tips

1. Shop at the farmer's market for seasonal produce, or grow your own.
2. Check your coupons & use wisely!
3. Consider purchasing canned or frozen food.
4. Replace meat with plant-based proteins, like beans or nuts.
5. Slice and dice at home. Pre-cut produce is often more expensive.
6. Buy in bulk.
7. Don't shop hungry.

Where to Start

Healthy eating on a budget can start at home or at work. Making a few changes can put you on the right path to eating better, feeling better, and saving better!

Saving Money at Home

- Plan your meals for the week and meal prep.
- Clean out the fridge once a month.
- Pack healthy lunches for the family instead of buying lunch.
- Freeze and reuse leftovers.
- Cook in batches and freeze leftovers for later.

Saving Money On the Go

- Meal prep and pack your lunch instead of buying or ordering food.
- Avoid the vending machine and bring your own snacks.
- Bring your own water bottle and refill it throughout the day.
- Brew and bring your own coffee or tea to work.



Lentil Soup

Ingredients:

- 1 Tbsp water
- 1 cloves garlic minced
- 2 large carrots (thinly sliced)
- 2 stalks celery (thinly sliced)
- salt and pepper to taste
- 2 cups vegetable broth
- 1/2 - 1 teaspoon dried rosemary or thyme
- 1/2 cup uncooked green or brown lentils (thoroughly rinsed and drained)
- 1 cup chopped sturdy greens (such as kale or collard greens)

Directions:

1. Heat water in large pot and add garlic, carrots, celery, salt and pepper.
2. Sauté for 4-5 minutes until slightly tender and golden brown.
3. Add vegetable broth and rosemary/thyme and increase heat to medium high. Bring to simmer. Then add lentils and stir. Once simmering again, reduce heat and simmer uncovered for 15-20 minutes or until lentils are tender.
4. Add your greens, stir, and cover. Cook for 3-4 minutes more to wilt. Then taste and adjust flavor as needed.
5. Serve & enjoy!

Adapted from minimalistbaker.com