

Eating Healthy on a Budget

Eating enough fruits and vegetables promotes good health and can reduce your risk of certain diseases.

The Little Red Riding Hood

Plan

- Make a grocery list and stick to it.
- Check for sales and coupons in your local newspaper or online.
- Have a snack before you go to the grocery store. You may end up buying food you don't need because you're hungry.
- Make time to go. You'll stick to your list and budget if you don't feel rushed.

Purchase

- Choose fresh fruits and vegetables that are in season.
- Good low-cost items available all year:
 - ◆ Protein: beans (garbanzo, black, cannellini), eggs, canned tuna, chicken breast
 - ◆ Vegetables: carrots, greens, potatoes
 - ◆ Fruit: apples, oranges, bananas
- Buy store brands, if they're cheaper.
- Buy vegetables and fruits in their simplest form. Pre-cut, ready-to-eat, and processed foods are convenient, but often cost more.
- For picky eaters, puree vegetables and add them to your recipes. Broccoli, spinach, cauliflower, and carrots are easy to puree. Most kids and adults won't notice if they are added to their favorite dishes!

Try this recipe: Cauliflower Mac and Cheese

1 lb. penne (wheat) 1 cup milk (2% or skim) 1 lb. shredded cheddar cheese ½ head cauliflower florets ¼ cup parmesan cheese 1 tablespoon chopped parsley salt and pepper to taste.

- Bring salted water to a boil and cook the pasta until al dente. In the meantime, cook the cauliflower until soft and transfer to a blender to puree.
- In a medium sized pan, add the pasta and the cauliflower puree. Add the milk, cheese and season to taste. Sprinkle chopped parsley.

Serve immediately. Serves 4 or more.

Source: United States Department of Agriculture. For more info and recipes go to ChooseMyPlate.gov

