

Grocery Shopping & Meal Planning on a Budget

University of Utah Center for
Student Wellness

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Nutrition

Wellness: Why it matters

- Different for everyone
- Multi-dimensional
- Ability to achieve your goals
- Capacity to be successful
- Protect the things you care about
 - Your choices matter

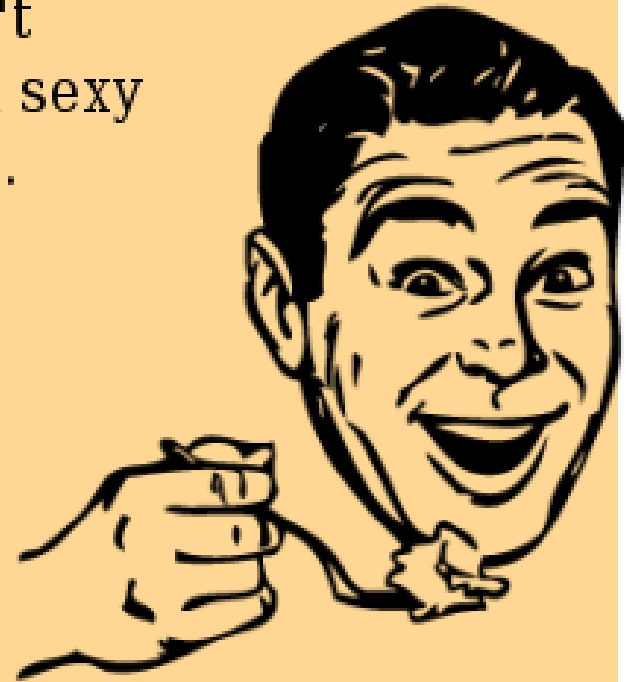
Wellness Wheel



Nutrition

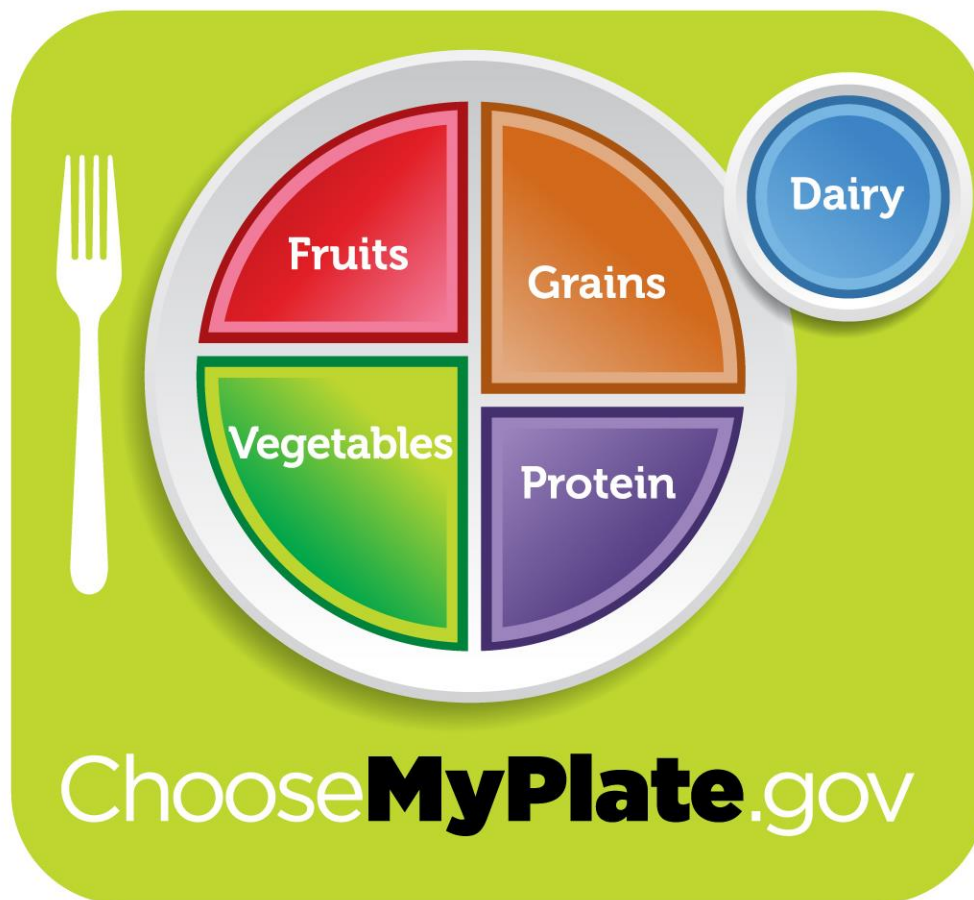
- Why is nutrition important?
- How does it impact you?

They say, "You are what you eat!"
That's funny. I don't
remember eating a sexy
beast this morning.



ROTTENeCARDS USER CARD

Nutrition 101



Eat more of these!

- Fruits and vegetables
- Fiber
- Low-fat dairy
- Lean protein
- Whole grains
- Whole, simple foods



Eat less of these

- Enriched flour
- Added sugar
- Trans fat
(hydrogenated oils)
- Sodium
- Saturated Fat
- Processed foods with long lists of ingredients

*Portion Control

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B₁), RIBOFLAVIN (VITAMIN B₂), FOLIC ACID), CORN SYRUP, SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CORN SYRUP SOLIDS, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, GLYCERIN, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), POLYDEXTROSE, MODIFIED CORN STARCH, SALT, DRIED CREAM, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), DISTILLED MONOGLYCERIDES, HYDROGENATED PALM KERNEL OIL, SODIUM STEAROYL LACTYLATE, GELATIN, COLOR ADDED, SOY LECITHIN, DATEM, NATURAL AND ARTIFICIAL FLAVOR, VANILLA EXTRACT, CARNAUBA WAX, XANTHAN GUM, VITAMIN A PALMITATE, YELLOW #5 LAKE, RED #40 LAKE, CARAMEL COLOR, NIACINAMIDE, BLUE #2 LAKE, REDUCED IRON, YELLOW #6 LAKE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), CITRIC ACID, FOLIC ACID, RED #40, YELLOW #5, YELLOW #6, BLUE #2, BLUE #1.

Cooking Can be Scary

- Ahh! How do you start?!
- Some of this it will come natural for some, for some it is terrifying
- Make it manageable for you!



Meal Planning

1. Check out store ads online to see what's on sale
2. See what ingredients you already have at home
 - Supercook.com
3. Use the internet to search for healthy recipes
4. Make a shopping list!
 - Save time
 - Save money
 - Avoid purchasing unnecessary items



Tips for time-saving meals

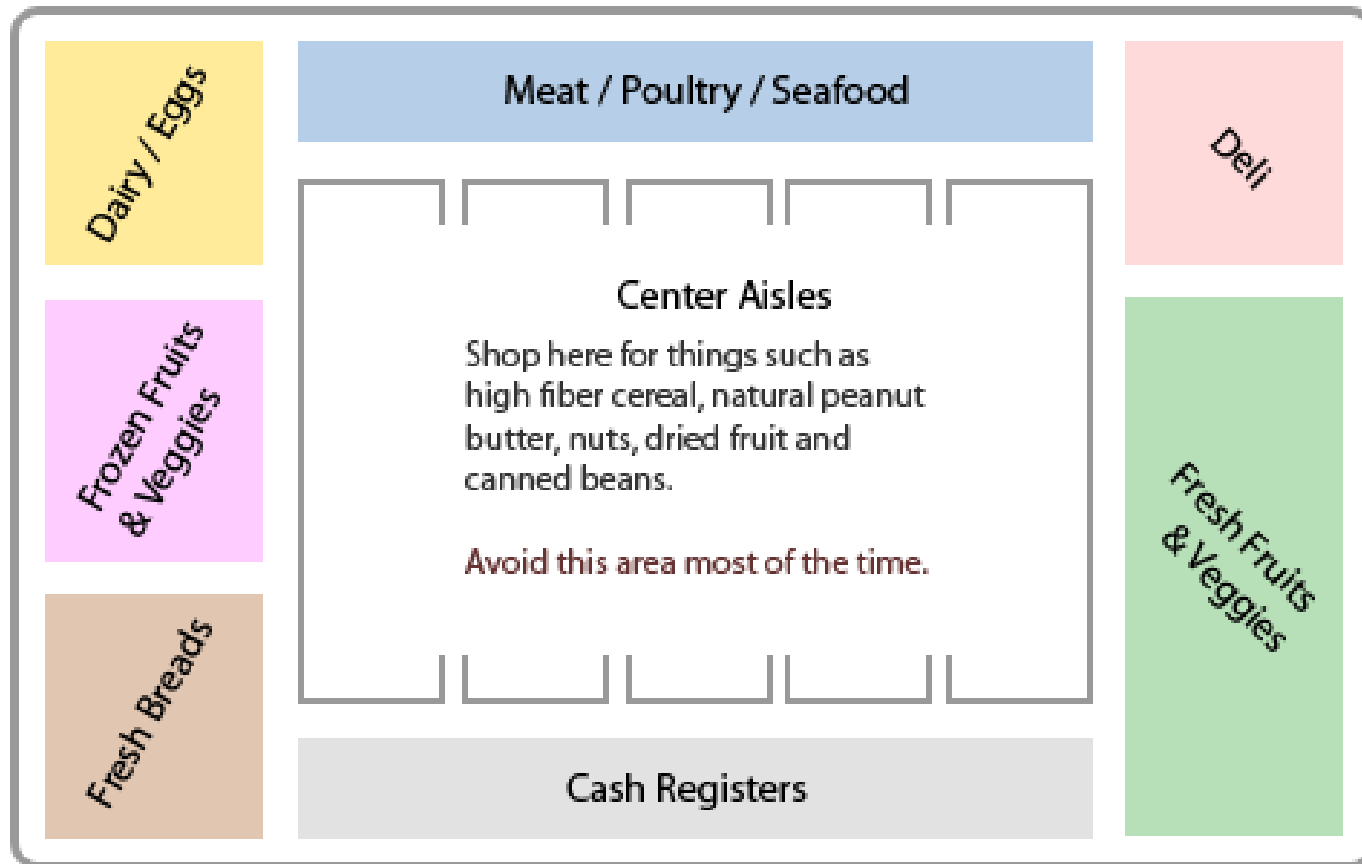
- Choose meals that freeze well
 - Soups, stews, pasta, casseroles
- Use the internet!
 - www.supercook.com
 - www.cookinglight.com
 - www.harmonsgrocery.com
 - www.sprouts.com
 - Pinterest!
- Choose recipes you can make ahead
- Use the same ingredients for multiple meals

At the Grocery Store

- General tips to save money and eat healthier!
 - Stick to your list, but be flexible with some ingredients
 - Buy in bulk whenever possible
 - Choose store brands over name brands
 - Precut and premade items usually cost more
 - Compare unit prices
 - Compare price differences between store
 - Don't shop when you're hungry
 - Read food labels



Shopping the perimeter



Produce

- Use for: snacks and meals
- In season fruits and vegetables
- Bananas and apples (\$0.20 per serving)
- Sweet potatoes, russet potatoes, carrots, bagged spinach (\$0.30 per serving)
- Canned and frozen fruits and vegetables (\$0.15 per serving)
 - Caution: added sodium and sugar
- Caution: 100% Juice
 - High in calories



Grains

- Oatmeal (\$0.17 per serving) - Uses: breakfast, baking
- Whole-wheat bread (\$0.25 per serving)
 - Uses: French toast, bread pudding, sandwiches
- Brown rice (\$.07 per serving)
 - Uses: fried rice, side dishes, main dish filling
- Whole-wheat pasta (\$0.14 per serving)
- Snacks
 - Granola and energy bars (\$0.25 per serving)
 - Caution: added sugars
 - Whole-wheat crackers (\$0.22 per serving)
 - Caution: added sodium
- Whole-wheat english muffins, pita bread, flatbread (\$0.33 per serving)
- Cereal
 - Caution : sugar content (<6g per serving)



Dairy

- Yogurt (\$0.40-\$0.60 per serving)
 - Caution: add sugar, high-fat varieties
- Low-fat or skim milk
- String cheese (\$0.20 per serving)
- Low-fat sliced cheese (\$0.10 per serving)



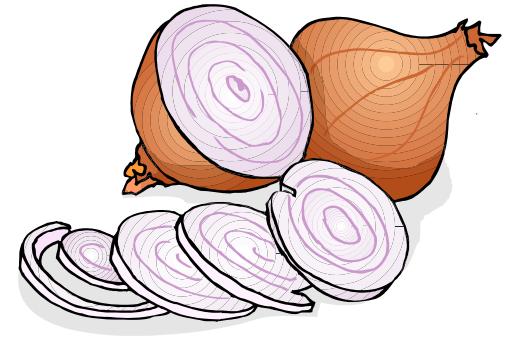
Protein

- Eggs (\$0.13 per serving)
- Whole chicken, turkey (\$0.50-\$0.75 per serving)
- Canned tuna and chicken (\$0.30 per serving)
- Sliced meats (\$0.30-\$0.40 per serving)
 - Caution: sodium
- Peanut Butter (\$0.12 per serving)
 - Caution: partially hydrogenated oils
- Dried beans and peas (\$0.08 per serving)
- Canned beans (\$0.25 per serving)



Spices, herbs, flavor enhancers

- Onions
- Garlic
- Cinnamon
- Oregano
- Vanilla extract
- Salsa



Frozen & pre-packaged foods

- Whole-wheat waffles
- Frozen fruits and veggies
- Whole-wheat pizza dough
- Pancake and baking mixes



Snacks & Sweets

- Make your own!
- Whole wheat/low-fat does not =healthy
- Portion control
- Moderation



Convenience Cooking

- Breakfast
 - Microwave Eggs! Whaaaat?!
- Lunch
 - Microwaved vegetables like sweet potatoes, eggplants, topped with pre-cooked chicken
- Dinner
 - 8 minute yummy quick pasta 😊



Resources

- Awesome Nutrition Websites:
 - www.choosemyplate.gov
 - www.foodnetwork.com
 - www.cookinglight.com
 - Search “Healthy eating on a budget” on any of these sites for money saving tips!
- Apps
 - Evernote
 - Springpad
 - PepperPlate
 - Out of Milk

Resources

- Center for Student Wellness
 - Well Coaching appointments with our Masters in Coaching Intern
 - Get help with health-related goals including nutrition, and more



Center for Student Wellness



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