



PennState
PRO Wellness



**Children's
Miracle Network
Hospitals**

Healthy Choices

Eating Healthy on a Budget

pennstatehershey.org/PROwellness



Eating Healthy on a Budget

The 3 P's

Plan

- Establish a budget to cover meals for the week.
- Check to see what foods you already have to add or mix into nutritious recipes.
- Search for recipes online or on our Healthy Champions recipe portal.
 - pennstatehershey.org/PROwellness/recipes
- Make a grocery list that includes heart healthy proteins, fruits, vegetables and whole grains.
- Search for coupons, store sales and use store loyalty cards to save money.
- Intentional shopping is a huge money saver! Don't buy items without a plan to use them.

Purchase

- Do not go to the store hungry!
- Buy store brands if cheaper.
- Buy seasonal fruits and vegetables.
- Choose frozen or canned vegetables with less salt.

Prepare

- Pre-cook your meals for the week.
- Divide foods into smaller portions.
- Try meatless recipes by using heart healthy proteins such as tuna, beans, eggs or nuts. Prepare options like beans and rice or no-cook meals like salads.
- Incorporate leftovers into meals throughout the week.

Family Activities

- Seek out summer farmer's markets.
- Create a vegetable or herb garden; remember, you don't need to have an outside garden bed to have a green thumb, try placing a cup or ceramic pot next to your window.