Grocery Shopping & Meal Planning on a Budget

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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

- Spiritual
- Emotional
- Intellectual
- Financial
- Environmental
- Physical
- Social

your individual wellness
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.
Nutrition 101

Choose MyPlate.gov
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
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

**Center Aisles**

Shop here for things such as high fiber cereal, natural peanut butter, nuts, dried fruit and canned beans.

**Avoid this area most of the time.**
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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