



## Ways to Shop Healthy on a Budget

**With a little know-how & advance planning, you can enjoy nutritious food while sticking to a tight budget.**

**Create a Shopping List** Use your weekly meal plan to create a master grocery list, & stick to it. Prioritize your food dollars for nutrient-rich vegetables, fruits, low-fat dairy, lean protein & whole grains. To keep your grocery list from growing too long, prepare meals that include similar ingredients

throughout the week. Skip highly processed items & packaged snack foods, which can increase your total spending & fill your cart with less healthy items.

**In the Produce Section** Seasonal produce is at its peak flavor & is generally more abundant, so it's sold at a lower price. If the produce item you want isn't in season, purchase frozen. Frozen vegetables & fruits are comparable in nutritional quality to fresh, but check the ingredients list & avoid those that have added sugars or salt.

**Considering Organic?** The Environmental Working Group published the "Dirty Dozen," a list of conventional produce items containing generally higher levels of pesticide residue than other produce items. This is in addition to publishing the list of the "Clean 15" — items with the lowest levels of pesticide residues. For those interested in organically-grown produce, these lists help prioritize spending for organic products.

**At the Meat Counter** Purchase a larger quantity of meat that is on sale, & prepare enough for two or more meals. Enjoy leftovers later in the week or freeze for future use. Because meat is often the highest dollar ingredient in a recipe, consider planning a meatless meal several times each week, or try replacing half the meat in dishes such as chili, meatloaf or burger patties with beans or chopped vegetables. Incorporating more non-meat proteins, including beans, nuts & eggs, can be cost-effective & nutritious.

**Grains and Dry Goods** Whole grains & dried beans are generally inexpensive & are an easy way to get more nutrition for your buck. Dried beans, peas & lentils are great options to keep on hand. You can buy in bulk, prepare ahead time & then freeze so you have protein- & fiber-rich foods on hand at all times.

**Reduce Waste** Once you've done your shopping, make the most of your food spending by cutting down on waste. Use highly perishable items — such as fish & seafood, salad greens, berries & fresh herbs — early in the week, & save more hearty items for later in the week. Enjoy leftovers for lunch or create new meals from leftover ingredients. Cooked meat & vegetables can be revamped as a filling for a casserole, frittata or soup.

Learn more at [www.eatright.org](http://www.eatright.org)



# BATHROOM BANTER



## Education Sessions:

### *Confessions of a Food Allergy Expert*

Daniel A. Ramirez Jr., M.D. Certified Allergy & Asthma of San Antonio/Methodist

- ◆ March 15th, 11:30am-12:30pm  
Municipal Building, B-Room

### *Nutrition Fact Vs. Fiction: Debunking Myths*

Presented by BCBS Coach, Marissa Ryals

- ◆ March 21st, 11:30am-12:30pm  
Plaza de Armas, Gallery
- ◆ March 23rd, 7:15am-8:00am  
Northwest Service Center, Bldg1

### *How to Survive Today's Food Jungle*

Renell Cronk, Natural Grocers Regional Nutritional Health Coach Manager

- ◆ March 28th, 11:30am-12:30pm  
Municipal Building, Council Chambers

Happy National Nutrition Month! This March, Metro Health reminds you that when *you eat well, you feel great*. Eating well is as easy as following these three steps:

1. Make half your plate fruits & veggies, every meal, every day!
2. For portion control, use a smaller plate - like a salad plate.
3. Drink water, not sugary drinks – you may think sugar is fueling your day, but in fact it slows you down by increasing your risk of obesity, heart disease, & diabetes. Drinking water gives you the energy, without the costly side effects.

Making small changes in nutrition makes a HUGE difference in how you feel. So this March get ready to feel great, **¡Viva Health!**



CITY OF SAN ANTONIO  
**METROPOLITAN HEALTH DISTRICT**