



LIVE WELL WATERTOWN

Tips for Healthy Eating & Shopping Well

Adapted from Good & Cheap by Leanne Brown

Buy Foods That Can Be Used In Multiple Meals

Versatile ingredients save meals. If you buy flour, you can make tortillas, scones, and pancakes. If you buy yogurt (or make your own), you can have it with fruit, make dips and sauces such as tzatziki, or use it in a drink. Need I even mention the versatility of garlic or lemons? If you always keep them around, you can make anything else taste fantastic.

Start Building a Pantry

If possible—and admittedly this can be difficult for people living on their own—reserve part of your budget to buy one or two pantry items each week. Things like olive oil, soy sauce, and spices are pricey at first, but if you use just a little with each recipe, they go a long way.

Think Weekly & Meal Planning

Plan your meals before going to the grocery store so you are only buying exactly what you need. Be cognizant of how much a recipe calls for and plan your meals accordingly. Does your Monday night pasta call for a handful of spinach? Don't let the rest of the bag go to waste; plan for a spinach salad or a green smoothie later in the week. Each week, mix things up by buying different varieties of staple foods like grains and beans. This week, you might have oatmeal every morning with black bean chili or black bean tacos later in the day, but next week you'll have yogurt for breakfast and hummus or chana masala for lunch and dinner. If you can't shop as often, consider getting canned, frozen versions, or picking produce options that store longer of whichever vegetables you won't use immediately.

Buy In Bulk

Buying larger amounts usually brings the price down. When you're working within a tight budget, you won't always be able to afford to shop for the future, but do it when you can. If you buy versatile ingredients in slightly larger amounts, you'll be able to use them quickly but still make diverse meals.

Think Seasonally

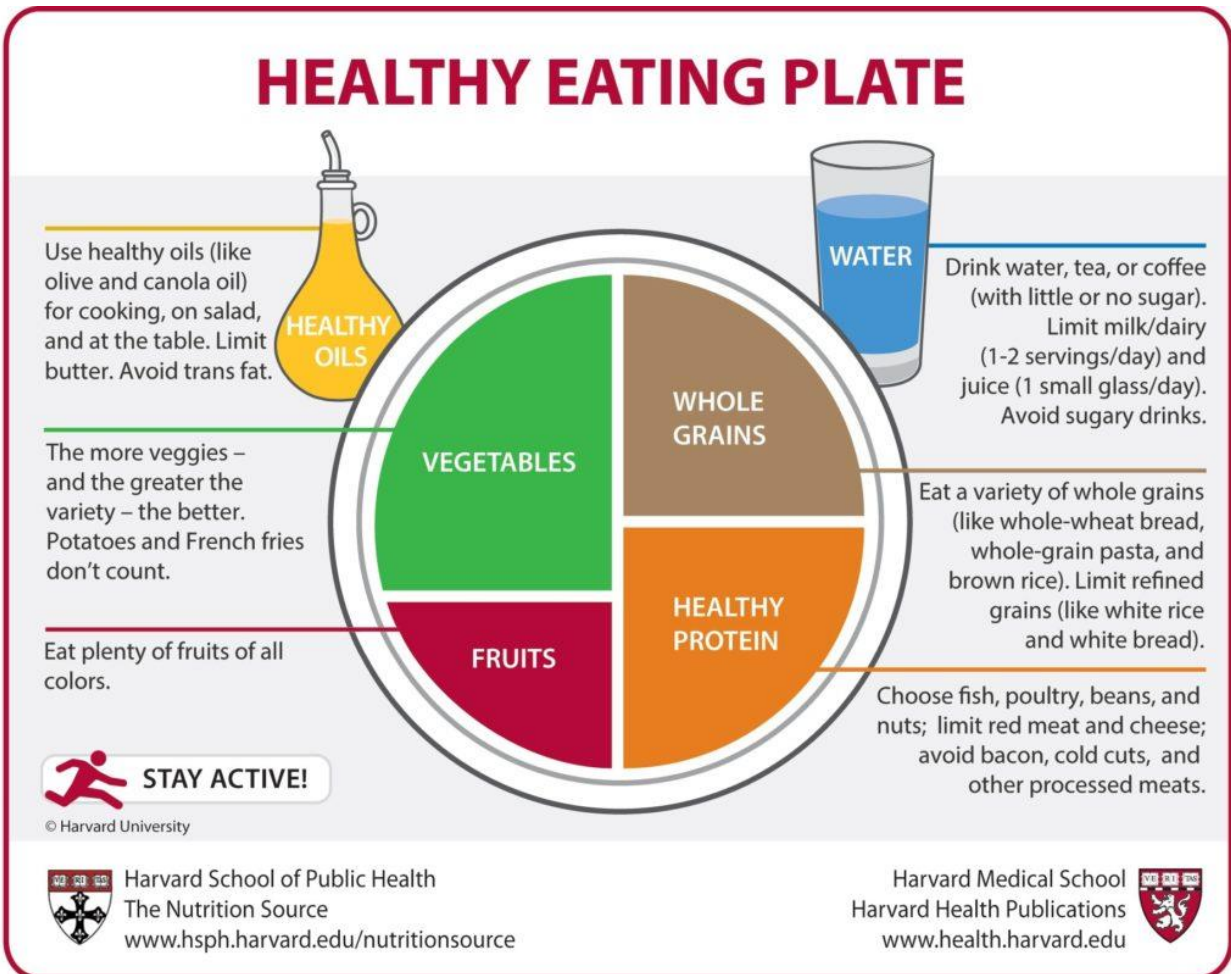
During their local growing season, fruits and vegetables are generally cheaper and definitely tastier than outside of season. Enjoy as much of the summer and fall produce as possible, because you'll be more limited in the winter. Then again, simmering and roasting winter vegetables is a fine way to warm up your house, and tough winter roots are easy to store. In addition, winter is a great time to search for deals on canned and frozen produce. The best place to buy in season produce is often at your local farmers market. SNAP customers can match their SNAP dollars up to \$15 each week when using their EBT card at the Watertown Farmers Market.

More Vegetables Means More Flavor and More Nutrition

Nothing livens up a bowl of rice like summer squash and corn! Vegetables make the best sauces: they're earthy, bright, tart, sweet, bitter, savory, rich. Give them a treasured spot at the top of your grocery list and you'll never be bored.

Healthy Eating Plate

The Healthy Eating Plate was developed by nutrition experts at the Harvard School of Public Health to provide detailed guidance to help people make the best eating choices. Use The Healthy Eating Plate as a guide for creating healthy, balanced meals—whether served on a plate or packed in a lunch box. Put a copy on the refrigerator as a daily reminder to create healthy, balanced meals!



Useful Links

<http://livewellwatertown.org/> – Healthy eating & living tips and free program information

<https://books.leannebrown.com/good-and-cheap.pdf> - free online cookbook centered around recipes that can be made on \$4/day

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

<http://livewellwatertown.org/farmers-market/> - Information on the Watertown Farmers' Market;