



# HEALTHY EATING ON A BUDGET

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# MY SENIOR PROJECT

For my senior project I created a resource to with healthy eating on a budget. Healthy foods such as fruits and vegetables are very expensive and can not always as easy to get. My resource provides healthy substitutions, shipping tips and tricks as well as local farmers markets.



# 10 TIPS FOR SMART SHOPPING



- 1. Make a list:** When going food shopping it can be hard to remember what you need or what you want. One way to help this is to keep a note of what is needed for the week so you can get it all in one trip.
- 2. Bring exact measurements:** This will help ensure that you get the exact amount of the ingredients you need in recipes. If there is an ingredient you need for a recipe but may not use again you can get the exact amount so you do not over buy it.
- 3. Buy only what you need:** It can be hard to resist getting the foods that look appetizing while your shopping, but if you stick to your list and buy exactly what you need you can save money as well as stick to more healthy options. This can also help you make sure your food for the week does not go bad or not get eaten.
- 4. Shop fruits and veggies in season:** Fruits and vegetables can become very expensive. When buying fresh fruits and vegetables shop what is in season to save money and make sure that it is fresh.
- 5. Compare and contrast prices:** when buying larger amounts of food it will help to compare and contrast the unit prices to make sure you are getting the most for your money.

# 10 TIPS FOR SMART SHOPPING



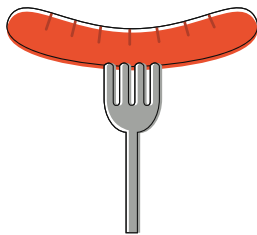
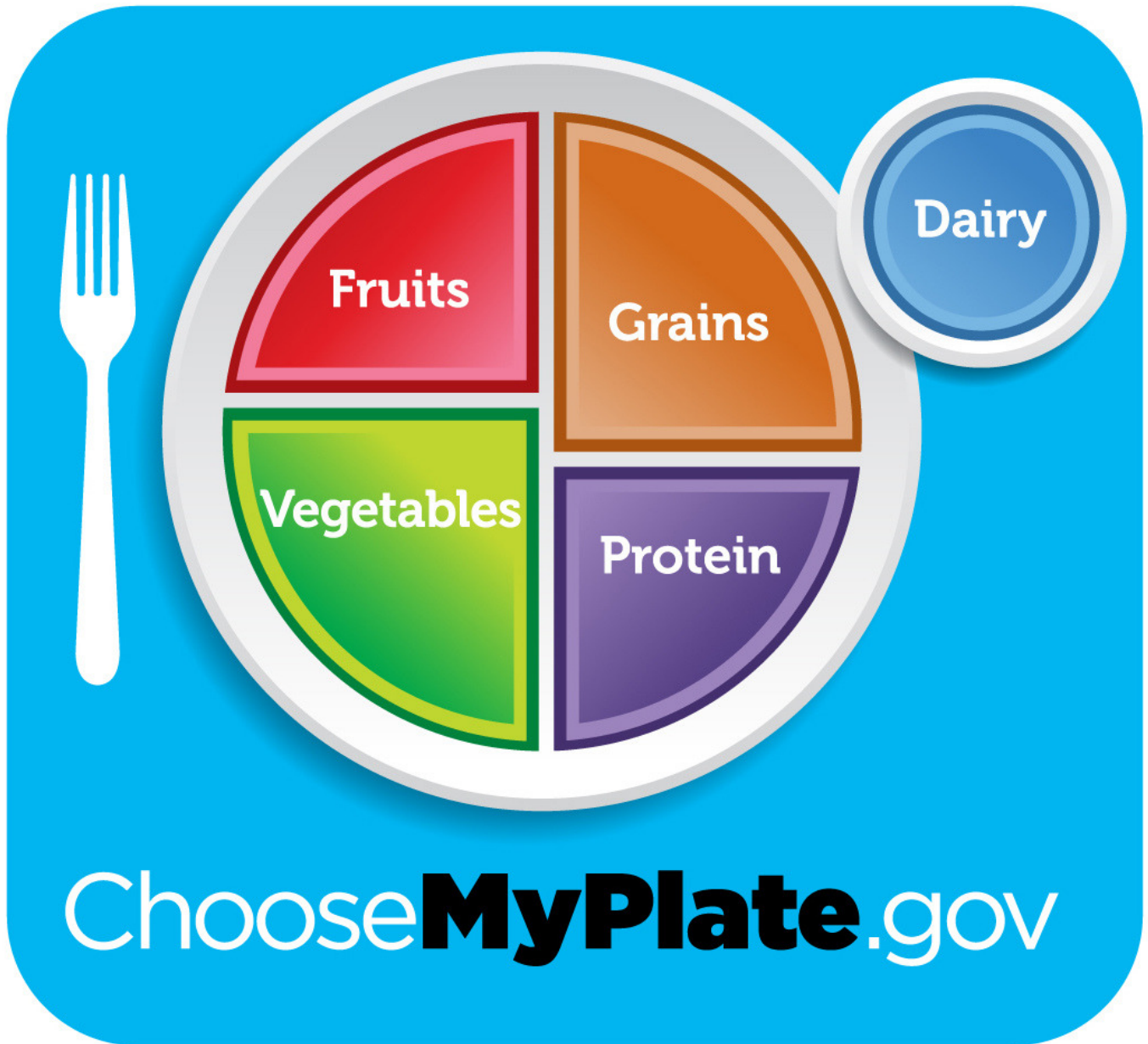
6. **Shop store brands:** it can be easy to overlook the bland packaging of store brand products, but they are often very similar to our favorite products and are cheaper than some of the name brand foods we tend to reach for first.

7. **Look for coupons first:** most chain supermarkets send out catalogs of the newest deals and coupons for the week. These catalogs are an easy way to save money with deals on some of the products you use everyday. Chain supermarkets also put the newest catalog at the front of the store so you can bring it around as you are shopping for your food.

8. **Shop the sales:** often times when buying our weekly meals different brands of the same food we use will go on sale. Shopping the sale items or brands are an easy way to save money while buying the same favorite food you use anyways.

9. **Buy frozen fruit or canned vegetables:** buy frozen fruits and vegetables are a cheaper way to get your favorite foods while also being able to eat them when you want without the worry of them going bad before they get eaten. Canned and frozen foods are easy to store and stay good for much longer than fresh fruits and vegetables and can be just as healthy to have the fresh ones.

10. **Get creative with leftovers:** leftovers are a good way to save money when looking for dinner or lunch. You can spice up your leftovers by adding new foods such as grains or vegetables to turn your leftovers into a new meal..



## Protein

Good source of iron, vitamin B and E, zinc and magnesium



## Vegetables

Low in calories, with no cholesterol and contains vitamin A and C



## Dairy

Good source of calcium, rich in potassium, and provides vitamin D



## Grains

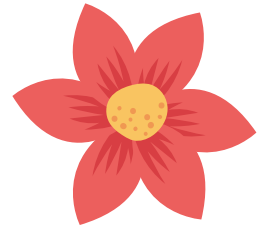
Provide dietary fiber, B vitamins, and may reduce blood cholesterol



## Fruits

Low in calories, fats, folic acid, vitamin C, vitamin A

# In season fruits and vegetables.



## Spring

Apples  
Apricots  
Asparagus  
Avocados  
Bananas  
Broccoli  
Cabbage  
Carrots  
Celery

Collard  
Greens  
Garlic  
Kale  
Kiwifruit  
Lemons  
Lettuce  
Limes  
Mushrooms  
Onions

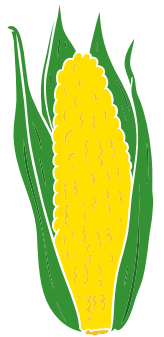
Peas  
Pineapples  
Radishes  
Rhubarb  
Spinach  
Strawberries  
Swiss chard  
Turnips

## Summer

Apples  
Apricots  
Avocados  
Bananas  
Beets  
Bell peppers  
Blackberries  
Blueberries  
Cantaloupe  
Carrots  
Celery

Cherries  
Corn  
Cucumbers  
Eggplant  
Garlic  
Green beans  
Honeydew  
Melon  
Lemons  
Lima beans  
Limes  
Mangos

Okra  
Peaches  
Plums  
Raspberries  
Strawberries  
Summer squash  
Tomatillos  
Tomatoes  
Watermelon  
Zucchini



# In Season Fruits and Vegetables

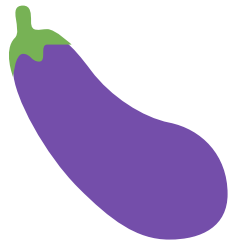


## Winter

Apples  
Bananas  
Beets  
Bell peppers  
Broccoli  
Brussels  
Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard greens  
Cranberries  
Garlic

Ginger  
Grapes  
Green beans  
Kale  
Kiwifruit  
Lemons  
Lettuce  
Limes  
Mangos  
Mushrooms  
Onions  
Parsnips  
Pears

Peas  
Pineapples  
Potatoes  
Pumpkins  
Radishes  
Raspberries  
Rutabagas  
Spinach  
Sweet potatoes  
Yams  
Swiss chard  
Turnips  
Winter squash



## Fall

Apples  
Bananas  
Beets  
Bell peppers  
Broccoli  
Brussels  
Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard greens  
Cranberries  
Garlic

Ginger  
Grapes  
Green beans  
Kale  
Kiwifruit  
Lemons  
Lettuce  
Limes  
Mangos  
Mushrooms  
Onions  
Parsnips  
Pears

Peas  
Pineapples  
Potatoes  
Pumpkins  
Radishes  
Raspberries  
Rutabagas  
Spinach  
Sweet potatoes  
Yams  
Swiss chard  
Turnips  
Winter squash







# Local Farmers Markets

**Wards Berry Farm:**  
614 South Main Street,  
Sharon MA

**Franklin Farmer's  
Market:**  
Main Street & High  
Street, Franklin MA

**Langwater Farm:**  
209 Washington  
Street,  
North Easton MA

**Flint Farm:**  
789 East Street,  
Mansfield MA

**Brockton  
Fairground:**  
600 Belmont Street,  
Brockton MA

**Fine Farms, The  
Corn Crib:**  
133 Tremont Street,  
Rehoboth MA

**Hope Street  
Farmer's Market:**  
Blackstone Blvd,  
Providence, RI

**Pawtucket Wintertime  
Farmers Market:**  
1005 Main St,  
Pawtucket, RI

When making cookies add apple sauce in replace of some of the sugar to have a healthier sweetness.

When making chili replace ground beef with beans to add more fiber.

## **Nutritious substitutions**

When making mexican dishes replace white rice with a grain like brown rice or quinoa

When making soup replace pasta with a whole grain like brown rice

When cooking  
replace vegetable  
oil with olive oil to  
reduce the  
amount on fat

Try mixing in  
shredded  
cauliflower when  
making dishes  
with white rice

## **Nutritious substitutions**

When making  
dinner try added a  
side of veggies  
instead of garlic  
bread

Try replacing  
white potatoes  
with sweet  
potatoes

# Healthy pancakes and muffins

## Muffins

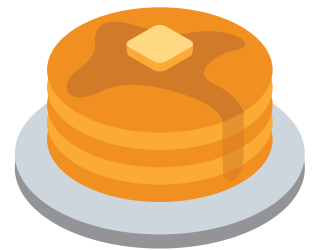
Ingredients: 2 eggs  
2 bananas  
1 cup of peanut butter  
1 teaspoon of vanilla  
1/2 teaspoon of baking soda  
1 cup of mini chocolate chips



Directions: 1. Preheat the oven to 400 degrees F  
2. Add egg and bananas into a blender  
3. Add dry ingredients, blend  
4. Add 1 cup of peanut butter to the blender  
5. Pour batter into a greased muffin pan  
6. Put in the oven and bake for 8 minutes for mini muffins and 9 for regular

## Pancakes

Ingredients: 2 eggs  
2 bananas  
1/4 cup of peanut butter  
1 tsp of honey



Directions: 1. Place eggs, banana, and peanut butter into a blender, and blend until smooth  
2. Put batter onto greased pan  
3. Cook until bubbly then flip and cook for an additional minute

# Easy Healthy Recipes

## Fruit Salsa

**Ingredients:** 2 tomatoes  
1 can of pineapple chunks  
1 mango  
1/2 a teaspoon of cilantro  
1/2 lime, juice



**Directions:**

1. Cut up the tomatoes and mango into small chunks, place in a small bowl
2. Add pineapple chunks to the bowl, and pour 1/2 of the remaining juice in a bowl
3. Pour 1/2 of the remaining pineapple juice in a bowl, then add cilantro and lime juice

## Vegetable Pasta

**Ingredients:** 1 can of chunks tomatoes  
1 box of pasta, uncooked  
1 zucchini, chopped  
1 cup of baby spinach  
1 can of white beans  
2 garlic cloves, minced  
1 cup of vegetable broth



**Directions:**

1. Cook pasta according to instructions on the package
2. Meanwhile in a sauce pan heat broth until it boils
3. Add pasta, white beans, chunks of tomatoes and baby spinach into pan and simmer
4. Add zucchini and garlic
5. Pour mixture on top of cooked pasta