

EAT HEALTHY ON A BUDGET

The food you eat affects your health. Some moms may have a hard time buying healthy food, and other moms may not have enough money to buy any food at all. Eating fruits and vegetables, and meals that are low in fat, may lower your risk of serious health problems, such as obesity, type 2 diabetes, heart disease, stroke and certain types of cancer. With some planning, you can find ways to eat healthy on any budget!

TIPS

- Double your WIC benefits by using your vouchers at *these participating Farmer's Markets*.
- Buy produce that is in season to lower food costs.
- Non-organic food is just as safe and just as healthy as organic food.

EATING BETTER ON A BUDGET¹

- **Plan Ahead** – plan your meals for the week. Include meals like stews, casseroles or stir-fries to “stretch” higher priced items into more portions.
- **Use Supermarket Specials** – Check on- line or in newspapers for weekly specials and coupons. Sign-up for a supermarket rewards program, and ask your grocer which day(s) of the week certain food items go on sale.
- **Compare Items** – grocery stores often have a store brand item to match a higher priced item. Buy these to save a few bucks!
- **Buy in Bulk** – it’s usually cheaper to buy food in bulk.
- **Buy in Season** – buy fruits and vegetables that are in season to lower the cost and add to the freshness!
- **Prepare Meals at Home** – sometimes frozen dinners, pre-cut vegetables and instant rice cost more than if you were to make it from scratch. Take time to prepare your own items and save.
- **Buy Low-Cost Items** – Buy foods that are typically low-cost all year round, such as carrots, greens, potatoes, apples and bananas.
- **Cook once... All week** – Prepare a large batch and freeze the rest. Use the leftovers throughout the week and you won’t spend money on takeout meals.
- **Get Creative** – find ways to use leftovers in new, creative ways. For example, use leftover chicken in a stir-fry, over a garden salad, or to make chicken chili.
- **Eating Out** – Save money by eating the “early bird” specials, going out for lunch instead of dinner, or looking for 2-for-1 deals.

ORGANIC FOOD

Organic produce is grown without using most pesticides and fertilizers that farmers typically use.² Organic meat, poultry, eggs and dairy products come from animals that are given no antibiotics or growth hormones.² The US Department of Agriculture (USDA) makes no claim that organic food is safer or more nutritious than non-organic food.² Organic food tends to cost more, due to the higher cost of growing & producing the food products.²

If you wish to purchase organic food, consider The Dirty Dozen and The Clean 15.³ The Dirty Dozen lists produce that are recommended to be purchased organic due to the lower traces of pesticide.³ The Clean 15 lists produce that have very little traces of pesticides, and are therefore recommended to be purchased as non-organic.³

The Dirty Dozen:

- Celery
- Peaches
- Strawberries
- Apples
- Blueberries
- Nectarines
- Sweet Bell Peppers
- Spinach, Kale and Collard Greens
- Cherries
- Potatoes
- Imported Grapes
- Lettuce

The Clean 15:

- Onions
- Avocados
- Sweet Corn
- Pineapples
- Mango
- Sweet Peas
- Asparagus
- Kiwi Fruit
- Cabbage
- Eggplant
- Cantaloupe
- Watermelon
- Grapefruit
- Sweet Potatoes
- Sweet Onions

RESOURCES:

USDA – ORGANIC FOODS

fnic.nal.usda.gov/food-labeling/organic-foods

ORGANIC FOODS: ARE THEY SAFER? MORE NUTRITIOUS?

mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880

MARCH OF DIMES – IS ORGANIC FOOD BETTER FOR BABY?

marchofdimes.org/baby/organic-foods-are-they-better-for-baby.aspx

VIDEO: WHAT IS ORGANIC FOOD

youtube.com/watch?v=GhIZWhJtY8w

SUPERMARKET COUPONS

supermarketcoupons.com

COUPON MOM

couponmom.com

COOL SAVINGS

coolsavings.com/coupons

VALPAK

valpak.com/coupons/home

TO ACCESS HEALTHY FOOD

LA FOOD BANK

lafoodbank.org/pantry-locator.aspx

(323) 234-3030

WOMEN INFANTS AND CHILDREN (WIC)

Supplemental nutrition program for women, children and families. Call to see if you qualify: 1-888-WIC-WORKS (1-888-942-9675)

BONUS: Use WIC vouchers at farmer's markets to double your points

FOR GENERAL INFORMATION AND HOW TO APPLY

cdph.ca.gov/programs/wicworks/Pages/AboutWICandHowtoApply.aspx

FIND A LOCAL WIC AGENCY

apps.cdph.ca.gov/wic/resources/laSearch/search.asp

LA FOOD ASSISTANCE PROGRAM

Get help finding healthy food at a free or low cost

needhelpayingbills.com/html/los_angeles_assistance_program.html

CALFRESH

Formerly known as the food stamp program

1-877-847-3663

FOR INFORMATION ON HOW TO APPLY

myfoodstamps.org/losangeles.html

TO FIND YOUR NEAREST FARMER'S MARKET, DOWNLOAD THESE APPS

itunes.apple.com/us/app/u.s.-farmers-market-finder/id503265174?mt=8

play.google.com/store/apps/details?id=com.rickdane.farmersmarkets

EMERGENCY FOOD & SHELTER PROGRAM

Get help finding healthy food and shelter

unitedwayla.org/get-help

CALL 2-1-1 FOR MORE INFORMATION

APPS:

BEST COUPON APPS FOR GROCERY SHOPPING

consumerreports.org/cro/2013/08/best-coupon-apps/index.htm

SNIPSNAP

Never forget a coupon again! Take photos of coupons and use at the store

snipsnap.it

COUPON SHERPA

Sign up to receive free coupons

couponsherpa.com/mobile-coupons

HEALTHY EATING ON A BUDGET

LOW-COST HEALTHY RECIPES TO FIT ANY BUDGET

whatscooking.fns.usda.gov/search/solr-results?f%5B0%5D=field_term_program%3A162

5 TIPS TO HELP YOU STRETCH YOUR FOOD DOLLARS!

cookingmatters.org/Stretch-SNAP-Dollars

WATCH THESE VIDEOS TO HELP YOU SAVE MONEY WHEN YOU BUY FOOD.

fcs.ext.vt.edu/fnh/fnp/eatsmart/stretching-food-dollars.html

USE MYPLATE TO HELP YOU PREPARE HEALTHY MEALS WHILE STAYING WITHIN YOUR BUDGET.

choosemyplate.gov/healthy-eating-on-budget.html

CHOOSE HEALTH LA

Find healthy eating tips, healthy recipes, and store tour locations

choosehealthla.com/eat-healthy/healthy-eating

EATING WELL – COOKING VIDEOS

eatingwell.com/videos/video-index

REFERENCES

1. U.S. Department of Agriculture (2011). 10 Tips: eating better on a budget. DG TipSheet No.16.
2. University of Wisconsin, Madison (2007). Organic food standards and labels: the facts. Retrieved from http://www.foodsafety.wisc.edu/HotTopics/Should_I_Choose_Organic_Foods.html
3. PBS. The dirty dozen and clean 15 of produce. Retrieved from <http://www.pbs.org/wnet/need-to-know/health/the-dirty-dozen-and-clean-15-of-produce/616/>