

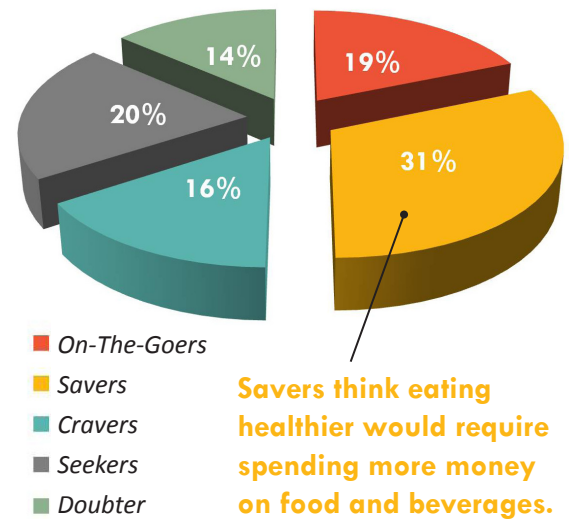
You are a Saver.

SAVER You may feel discouraged to try eating healthier because buying health products and fresh foods seems too expensive. The problem is, cutting corners now can result in health problems down the road that will end up costing more in the long run. An ounce of prevention is worth a pound of cure, so think about healthy eating as an insurance policy. Plus, you'll get the added benefit of looking and feeling better now!

There are tons of ways to eat healthy without breaking the bank, especially if you are willing to invest a little extra time. Grow your own food or start a window box herb garden. Make homemade soups and stocks. They are incredibly healthy and practically free if you utilize food scraps you were going to throw away like last night's chicken carcass and vegetable ends you trimmed off when making other dishes. Buy grains, nuts and other products in bulk. Always go to the grocery store with a plan. Watch for sales, clip coupons and buy foods in-season. Private label brands offer natural and organic products a reduced price. Look for leaks. Do you eat lunch out or visit a coffee shop daily? How much is your habit costing you over the course of a month or year? Consider packing a lunch or making your own tea or coffee so you can redirect money to healthier food and likely cut down on unwanted calories and chemicals as well.

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What is your biggest barrier to eating healthier?



Savers think eating healthier would require spending more money on food and beverages.

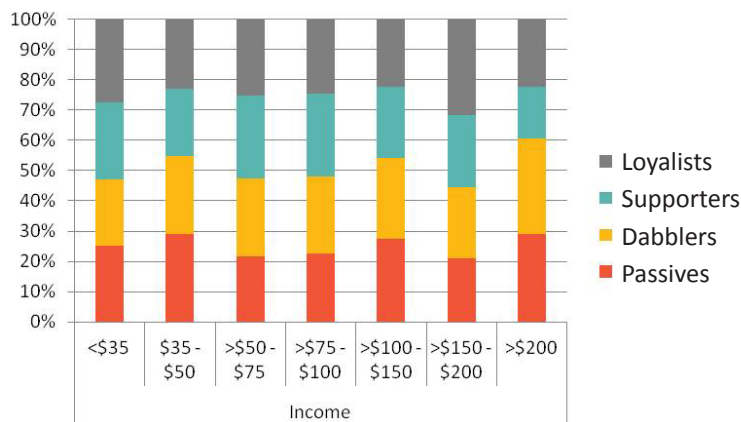


Food Storage Tips for Less Waste

- Freeze individual portions or strips of bacon between wax paper sheets.
- Store nuts and bread in the freezer, they'll last longer.
- Onions cause potatoes to sprout, so keep them separate.
- Store cheese in waxed paper or parchment paper in the coldest part of your fridge so it won't get moldy.
- Freeze ripe bananas without the peel for baked goods or smoothies.
- Store greens in the fridge in an airtight container with a paper towel inside to absorb moisture.
- Don't wash fruits and veggies before you are ready to eat them.

You Can Eat Healthy on a Budget

Distribution of adoption groups by income.



People highly committed to a healthy lifestyle can be found in every income bracket. Don't let money be an excuse for not eating well. You can choose to prioritize your health and nutrition at any income level. Find creative ways to stretch your food budget and eat healthy.

Environmental Working Group publishes a yearly list of produce highest and lowest in pesticides. Focus your money on buying the "Dirty Dozen" organic as they are higher in pesticides. <http://www.ewg.org/foodnews/>

The Dirty Dozen+

- Apples
- Strawberries
- Grapes
- Celery
- Peaches
- Spinach
- Sweet Bell Peppers
- Nectarines - Imported
- Cucumbers
- Cherry Tomatoes
- Snap Peas - Imported
- Potatoes
- (Hot Peppers)
- (Kale/Collard Greens)

The Clean Fifteen

- Avocados
- Sweet Corn
- Pineapples
- Cabbage
- Sweet Peas - Frozen
- Onions
- Asparagus
- Mangos
- Papayas
- Kiwi
- Eggplant
- Grapefruit
- Cantaloupe
- Cauliflower
- Sweet Potatoes