



# Live Healthy Georgia- Seniors Taking Charge!



December 2008 Newsletter

## Shopping and Cooking on a Budget

By Jessica Burge, BS

Shopping and cooking on a budget is a reality for many seniors. However, if you are mindful of your expenses and shop with a plan, the task of preparing foods on a budget will be worry-free!

Begin by planning ahead before you go to the store. Check the local paper for sales and coupons at your favorite grocery stores. If you have internet access you can also check the website of a particular store and view which items are discounted that week. Do not be enticed by coupons for expensive items that you do not normally buy just because they are on sale. Next, make a list of what you need from the store and stick to it! Try not to purchase more than you need or can store, to avoid waste. This is especially important for perishable items, such as fresh fruits and vegetables.

Make an effort to shop at times when your grocery store is not

crowded so you will not feel rushed. Also, try not to shop on an empty stomach, since this may tempt you to buy more than you need. When you get to the store, compare the prices of different brands to make sure you get the best deal. Often times the store brand is less expensive. Try to avoid buying items that are individually packaged, since a large percentage of what you are paying for is the actual packaging. In other words, you will receive less product for your money with individually packaged items. Also, avoid buying too many “empty calorie foods”. These are items that provide very little nutritional value for the number of calories they contain. Soda, chips, cookies, and candy are all examples of empty calorie foods.

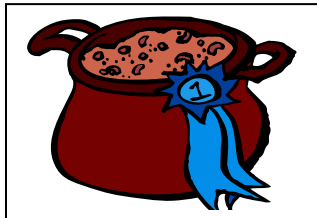


Department of Foods and Nutrition, The University of Georgia, GA 30602  
Division of Aging Services, Georgia Department of Human Resources, Atlanta, GA  
30303

# Live Healthy Georgia- Seniors Taking Charge!

When checking out the produce aisle, look for items in season. These foods will often be the cheapest. Canned or frozen fruits and vegetables are also a good way to save money and are just as nutritious as their fresh counterparts. To save money in the meat aisle, remember that eggs and beans are also very good sources of protein and often cost less than meat products.

To help cut cooking costs, prepare foods that are easy to freeze or serve as leftovers later in the week. A few suggestions include soups, casseroles, and pasta dishes. Plan a night to serve leftovers to ensure that these items are eaten and do not go to waste. A good guideline to follow when refrigerating or freezing already cooked meals is do not keep refrigerated items longer than 3-4 days, and do not keep freezer items longer than 2-3 months. It is also a good idea to mark items with a date to specify either “made on” or “throw out by”, so you can keep track of when items expire.



## For More Information See:

Department of Health and Human Services- A Healthier You. My Money-Saving Tips at [http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/tips\\_money\\_saving.html](http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_money_saving.html) or <http://www.livewellagewell.info>

Try this budget-friendly recipe!

### Simple Chili

1 package of chili seasoning mix  
1 can (14.5 ounces) diced tomatoes  
1 can (16 ounces) kidney beans  
1 lb ground beef, turkey, or chicken  
1 small onion, chopped

1. Brown the meat and onion, drain
2. Add remaining ingredients
3. Heat thoroughly and enjoy

\*Makes 8 servings.