

Eating Right When Budgets Tight

Presented by:

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Concerned with the rising cost of food?



witmek0064r fotosearch.com



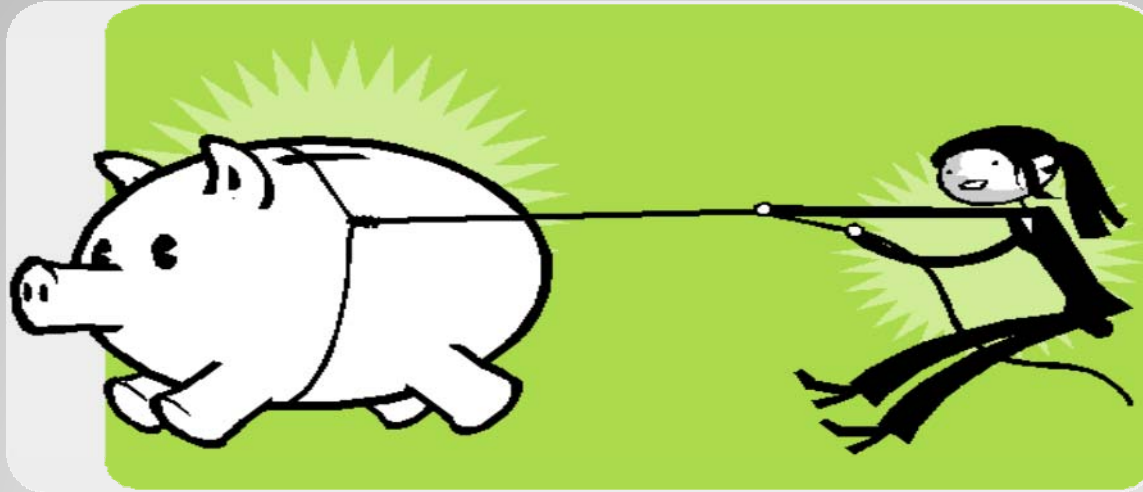


Is the budget stretched too thin?



Struggling to put food on the table?

More month than money?





Who has time to cook?

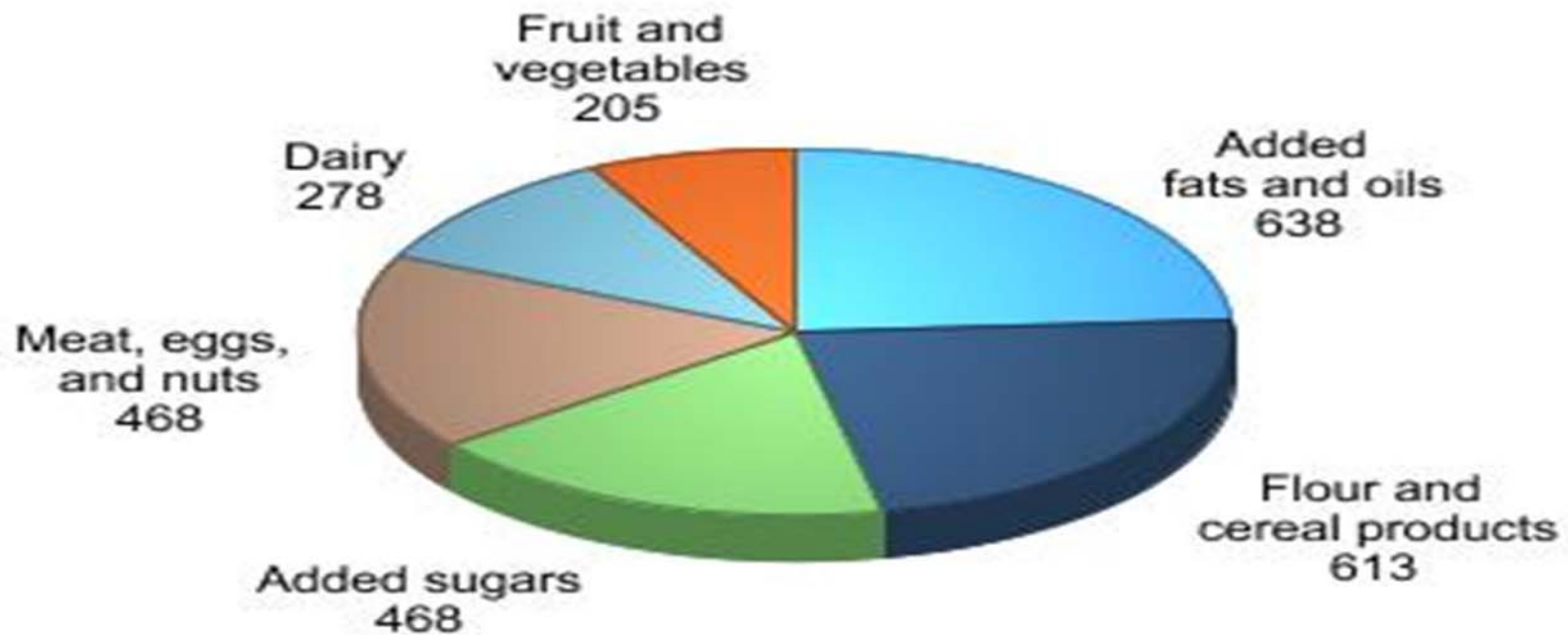
Who decides what we eat?

- Economic Factors
- Behavioral Practices
- Culture and Ethnicity
- Dietary Guidelines

- 1970 - Americans consumed an average of 2159 calories daily.
- 2007 - Americans consume an average of 2679 That is an increase of calories a day.

Calorie count over the past 3 decades

Added fats and oils provide more calories per day for the average American than any other food group in 2006



Note: Food availability data serve as proxies for actual food consumption. Added fats and oils and added sugars are added to foods during processing or preparation. They do not include naturally occurring fats and sugars in food (e.g., fats in meat or sugars in fruits).

Source: USDA, ERS.

- www.mypyramid.gov
- Recommendations:
 - Amounts of what we need to eat.
 - Individualize your own plan
 - Menus and recipes
- Food Intake patterns
- Discretionary calories
- My Pyramid worksheet

A tool chest of resources

Discretionary Calories

Calorie Level	1,600	1,800	2,000	2,200	2,400
Discretionary Calorie Allowance	132	195	267	290	362

- My Pyramid Work Sheet



Eating right when the budgets tight

- **PLAN**

- You need to have a Plan

- Plan meals with written menus
 - By the week or by the month
- Make a grocery list and check your inventory:
 - Check the foods in the pantry
 - Check the freezer
 - Check the refrigerator

PLAN

- How much money is available for food
 - Cut those coupons
- Refer to cost of food at home chart
- What food does my family need for good health

The cost of eating

Shop

- Look for store specials that can be used now or stored for later use
- Learn to unit price and comparison shop
- Avoid shopping when hungry
- Use shopping time to interact with children and allow them to read labels and calculate cost

Fix

- Wash and prepare fresh food
 - store right away to preserve freshness
- Store food in convenient space
- Cook main dishes and freeze
 - cook once and eat 3 or 4 times
- Teach family members to prepare food

EAT

- Make mealtime a pleasant time for all family members
- Schedule time all can eat together
- Set attractive table

Fast, Cheap and Easy

- Baked tortilla chips
- Black Bean & Corn Salsa
- Cranberry oatmeal snack bars