



HEALTHLETE
Practicing Wellness with Focus, Food, and Fitness

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SAVE MONEY; BE HEALTHIER



THE COST OF CONSUMPTION

- ✗ Moderate weekly grocery bill for a family of four with 2 school-age children at ~ **\$236.60**, (=~ \$12,300 annual for food consumed at home)
- ✗ Anticipated **5%** increase in food prices for 2013= additional \$615/year for a family of four



AMERICA'S DIET REPORT CARD

- ✗ Average Index score is **58** out of 100
- ✗ Average intake of vegetables is 1.47 cups per day (about **59%** of the recommendation)
- ✗ Average intake of fruits is .84 cups per day (about **42%** of the recommended 2-3.5 c. veg and 1.5-2.5 c. fruit/day).

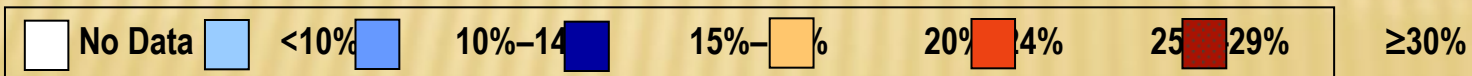
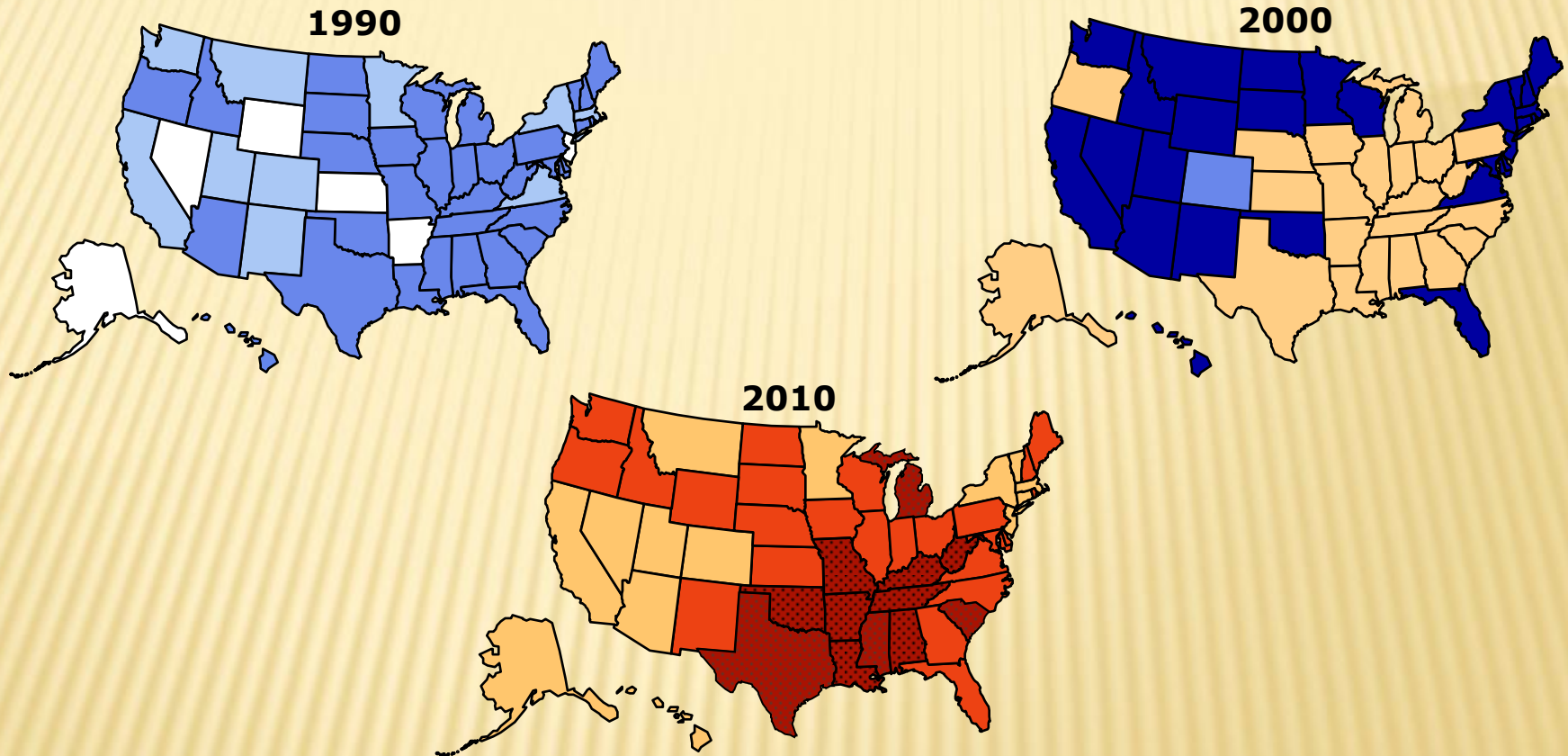


- ✗ In TN 13.1% of adults get recommended fruit and veg (correlation with obesity rates???)

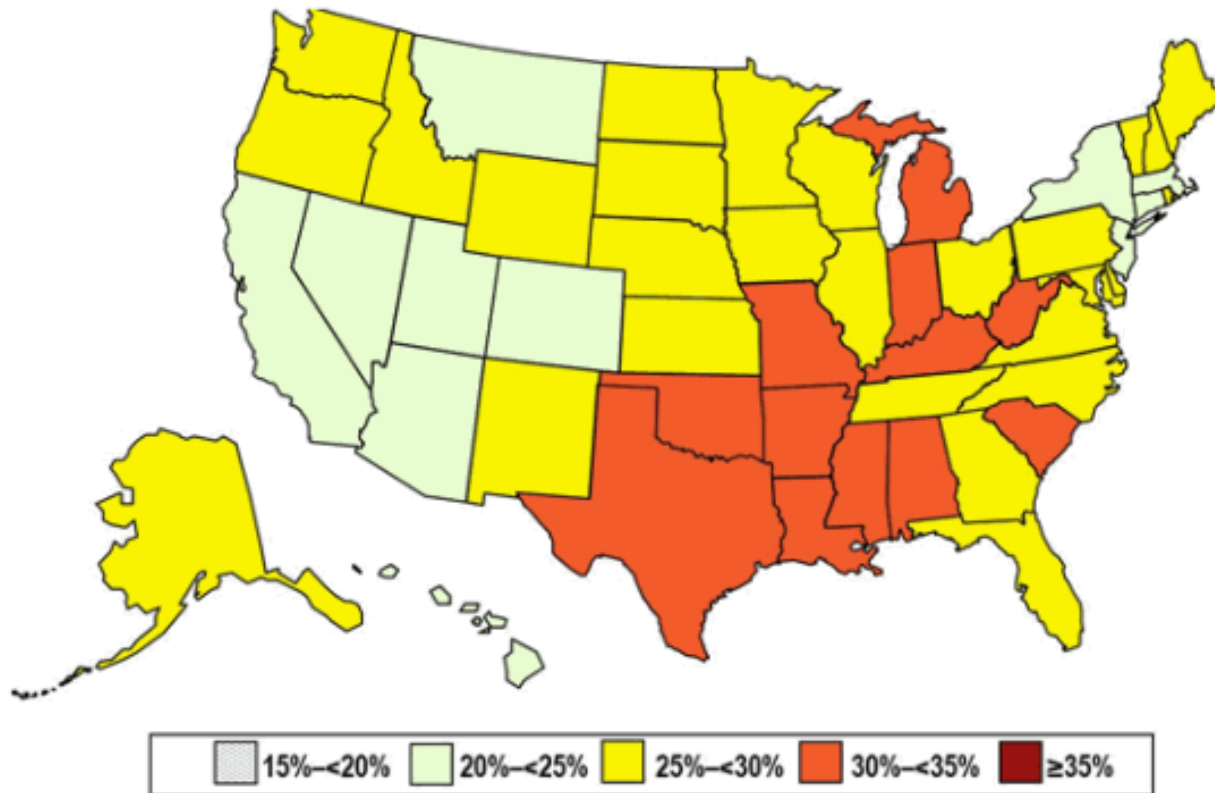
Obesity Trends* Among U.S. Adults

BRFSS, 1990, 2000, 2010

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



Prevalence of Self-Reported Obesity Among U.S. Adults BRFSS, 2011



State-Level Estimated Annual Obesity-Attributable Expenditures, by State (2009)

Tennessee \$3656 million

Big Picture: it is more expensive to be obese, which comes from consuming more calories than your body requires.

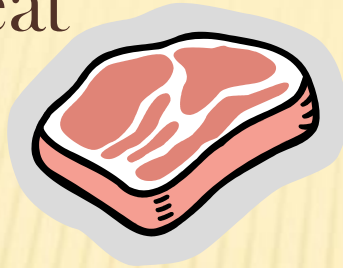




When you devote more time to planning and preparing meals, not only are you healthier, it actually costs you less!

5 RULES TO EAT WELL ON A BUDGET

1.) Eat less meat



2.) PURCHASE PRODUCT
AS CLOSE TO NATURAL
FORM AS POSSIBLE

3.) Buy in bulk, especially when it is on sale
and non-perishable



4.) Dine out less



5.) DRINK MORE WATER

- ✖ Average U.S. adult dines out 4.8 meals/wk.
- ✖ Lunch is most popular meal eaten out, with 2.6 meals/wk.



- ✖ Average cost of dining out each year:
\$1048/person (2011 data),
compared to
\$1535.20/person spent to eat @ home

- ✖ Skip the beverages, other than water. A family of four can shave roughly \$10 off a restaurant tab by doing so. Assuming your family dines out once a week, this can save you more than \$500 annually.

COST OF DINING OUT

HEALTH COST OF DINING OUT

- ✗ The number of times you dine out is directly correlated with your risk for a **higher BMI** and **obesity**.
- ✗ 25% of adults report eating fast food, which is associated with 33% higher calorie intake, 129% increase in obesity, and 2x risk for **insulin resistance**
- ✗ **Hospital admissions** and **mortality** for **acute coronary symptoms** were higher in regions with more fast-food outlets
- ✗ Per capita number of restaurants per state is associated with higher probability of people in the state being obese

Dining out =



**Calories, fat, sat
fat, sodium, sugar**



**Fruit,
vegetables,
fiber, milk**

MINIMIZING HEALTH DAMAGE FROM DINING OUT



- ✗ Share an entrée or order the snack size
- ✗ Look up nutrition information prior to ordering
- ✗ Stick with water
- ✗ Request sauces on the side
- ✗ Predetermine your limit for dining out each week

TIPS FOR PLANNING

- ✗ ***Get BPA freezer storage containers*** in realistic portion sizes (Ball Plastic (16 containers \$4.95)) and re-useable bags/ containers to portion out bulk food for convenience (oatmeal packs, yogurt, etc)
- ✗ ***Check for sales and coupons*** (loyalty card as well)- plan your menu using sale items
- ✗ ***Plan your Menu*** for the week.
- ✗ ***Add some vegetarian options*** to your menu (Meatless Monday?????)



- ✗ ***Check your fridge first.***
Prioritize making a meal from whatever is in there (avoid spoilage).
bigoven.com, allrecipes.com, supercook.com, and recipematcher.com
Assuming \$8 worth of food is tossed weekly, this trick saves \$400 in a year.
- ✗ ***Make a grocery list. Stick to it.***
Organize your list by store layout to minimize distraction and maximize efficiency.
A grocery list may also save you money and time as it may limit trips to the grocery store.

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- A stylized illustration of a shopping cart filled with various items. The cart is light blue with black wheels and a handle. Inside, there are several colorful objects: a green box, a yellow circle, a purple bunch of grapes, a red apple, a pink box, a light blue box, a purple box, a red box, a brown box with white dots, an orange box, a purple box, and a green box. The background is a light beige color with a subtle vertical wood-grain pattern.

- ✖ Look for items sold in bulk (can freeze meat specials)
- ✖ Be aware that grocery receipts may contain expensive non-food items

CHEAPER PRODUCE

The cost to meet daily produce recommendations :

- ✗ average \$0.50/ cup of produce
 - ✗ Fruit: \$0.56
 - ✗ Veg: \$0.42
- ✗ 2000 calorie diet (4.5 cup equivalents) is \$2.18





- ✗ Produce in whole form is more affordable
- ✗ Bag produce vs. individual is cheaper
- ✗ Canned and frozen produce is easily purchased in bulk. Coupons and sales may be more frequent

- Can or freeze leftovers from bulk seasonal produce
- Save veg scraps or uneaten produce (or seafood, meat, bones) in freezer baggies (don't mix meat and veg.) Make batch stock/stews, or add them to casseroles, stir fries, etc.

TRICKS TO GET MORE PRODUCE FOR LESS MONEY

ORGANIC: DERIVED FROM LIVING MATTER

- ✗ Produce: Focus only on the “dirty dozen.”
- ✗ Meat: Eat less; buy in bulk when on sale
- ✗ Processed food: avoid it especially if you want to save money

Organic does not mean more nutrition or protection from disease

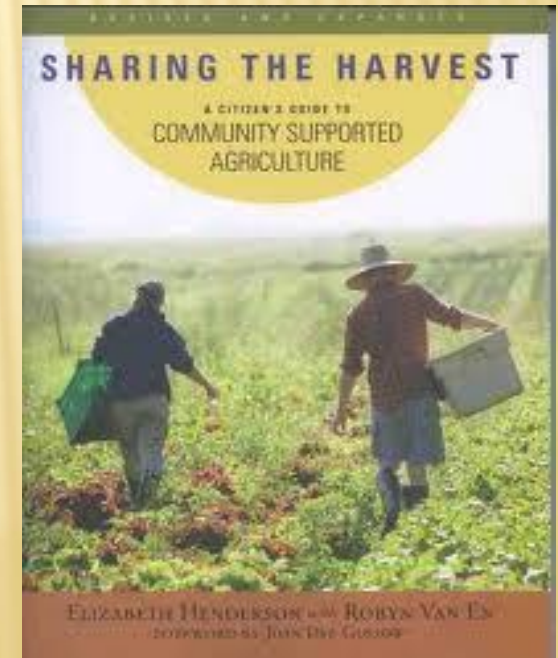
Top 12 fruits and vegetables most contaminated with pesticides – Dirty Dozen Plus					
1  Apples	2  Celery	3  Sweet bell peppers	4  Peaches	5  Strawberries	6  Nectarines – imported
7  Grapes	8  Spinach	9  Lettuce	10  Cucumbers	11  Blueberries – domestic	12  Potatoes
Plus (may contain pesticides of special concern)					
 Green beans			 Kale/Greens		

SEASONAL AND LOCAL PRODUCE



Try the farmers market or CSA

✕ <http://www.picktnproducts.org>



PLANT A GARDEN

- How to: Growlt.umd.edu
- UTextension.tennessee.edu:
cool season and warm
season vegetable planting
guide



- Try **container gardening** if limited on space
- Work a **community garden**: Grant Support=
www.tnfarmbureau.org/communitygardens

TIPS FOR PREPARATION

- ✗ Pre-cook on days when you have time
- ✗ Batch cook and freeze extra in portioned containers

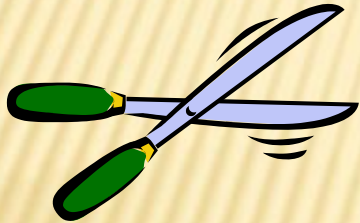


- ✗ “No Cook” meals, like salads may save time, or slow cooker recipes

TOOLS FOR SUCCESS

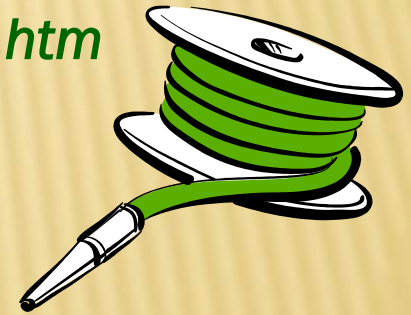


- ✗ USDA issues four Food Plans (Thrifty, Low-Cost (\$175/ wk. for family of 4; 40% of cost towards produce), Moderate-Cost, and Liberal) that show people how to eat a healthy diet at various cost levels.



Recipe finder database for low-cost healthy food:
cnpp.usda.gov/USDAFoodPlansCostofFood.htm

- ✗ Extension.iastate.edu/foodsavings/plan/
Also includes meal plans for entertaining on a budget!



- ✗ Eatingwell.com has interactive menu planning that will also keep track of your daily totals for calories and other nutrients, then create a shopping list from your menu

COURTESY MYRECIPES.COM

- ✖ Chicken Piccata \$0.91 + broccoli \$0.27 + mashed potatoes \$0.25 (total meal cost: **\$1.43**)



- ✖ Refried Bean Tostada \$0.75 + fresh fruit salad \$0.67 (total meal cost: **\$1.42**)



SAMPLE MENUS

THE TRUE COST

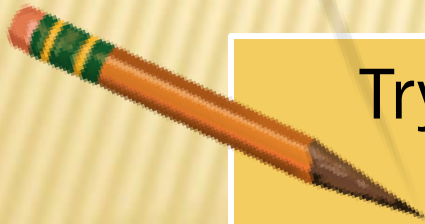
- ✗ Time
- ✗ Loss of freedom to purchase whatever you want, feeling restricted; maybe like a child again



- ✗ Does the frustration from limited incomes affect food choices?
- ✗ Should it affect social obligations?

TAKE THE CHALLENGE

- ✘ Congressman Joe Courtney takes the SNAP challenge again this month. You can follow his meals via twitter.com/repjoecourtney #snapchallenge
- ✘ The average monthly SNAP benefit boils down to \$4.30 per person per day, (\$1.59/meal or \$32.59/week in food assistance).



Try it for a week and write about the experience for others

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