

# EATING HEALTHY ON A BUDGET

Social Determinants  
of Health – Nutrition

Elevated food costs may lead some people to choose less expensive items that may also not be the healthiest choice. Here are some tips to make your dollars stretch farther, but still make healthy choices.

- ✓ **Use recipes with common ingredients.** If your favorite protein is chicken, cook one whole chicken, and use it for several different dishes. You can have chicken vegetable stir fry one night and chicken fajitas another night.
- ✓ **Shop with a list.** Once you've planned your meals for the week, create a shopping list with the ingredients you need. Having a shopping list makes shopping easier and faster, which helps you reduce impulse buys and take home only the items you need.
- ✓ **Buy frozen or canned vegetables.** Frozen and canned options can be healthy alternatives to fresh produce. They also cost less and last longer. This way you can enjoy your favorites even when they aren't in season.



## COMMUNITY RESOURCES

**Bellin Health is committed to offering free resources to help you access healthier foods. We know that nutrition is key to optimal health and wellbeing so we want to help get you started today.**

**JOIN** our new monthly **Group Coaching** sessions designed to expand on health and wellbeing content and how to personalize it in your life – contact [wellnessconsultant@bellin.org](mailto:wellnessconsultant@bellin.org).

**FIND** a food pantry or food banks in the United States near you by simply visiting [foodpantries.org](http://foodpantries.org). Visit [dhs.wisconsin.gov/foodshare](http://dhs.wisconsin.gov/foodshare) for additional resources in Wisconsin. FoodShare Wisconsin helps people with limited money buy the food they need for good health. This program is for people of all ages who have a job but have low incomes, are living on small or fixed income, have lost their job, retired, or are disabled and not able to work.

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Real-life solutions for common health and wellbeing challenges.

Search "Prescription for Life"



Real advice for real people to support your mental health.

Search "Mental Health Moments"



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