



With your Hy-Vee dietitian, Kristin Sousek RD, LN

# Healthy Eating on a Budget



# Objectives

---

1

Plan quick, nutritious, low-cost meals and snacks

2

Shop smarter

3

Compare products for the best value

4

Make budget-friendly meals and snacks



**“If you fail to plan,  
you are planning to fail.”**

**- Benjamin Franklin**

# Healthy Habits

## MENU PROGRAM

With your Hy-Vee Registered Dietitian



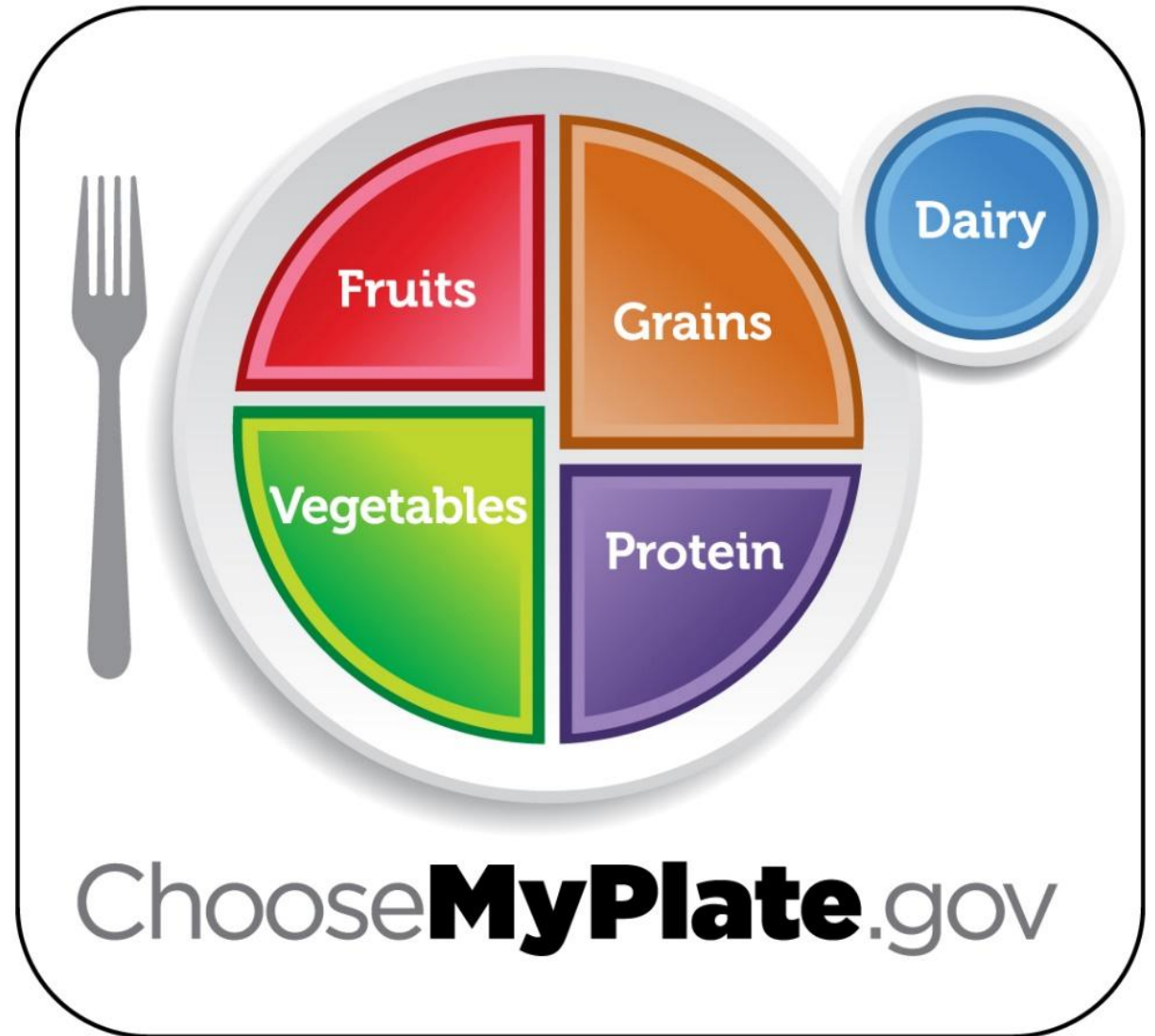
# Plan Ahead

---

- Get good at meal planning
- Prep ingredients
- Need help? Reach out to a Hy-Vee dietitian

# A Healthy Meal Plan is as Easy as MyPlate!

- Meal = 3 to 5
- Snack = 2 to 3



Fruits	Vegetables	Protein	Grains	Dairy
Apples Cuties or clementines	Raw carrots, celery, cucumbers Roasted root veggies Steamed broccoli	Ham Turkey	Whole-wheat bread Tortillas/wraps	Fat-free/low-fat milk Soy milk
Grapes Bananas Melon chunks Dried fruit Canned/packaged fruit Applesauce	Cauliflower rice Lettuce salad Spinach Green beans Asparagus	Roast beef Pork Chicken Hummus	Pasta Quinoa Brown rice Oats Granola Popcorn	String cheese Cheese slices Cottage cheese Greek yogurt
Pineapple	Peppers	Nut butters Eggs Hard-boiled eggs	English muffin Whole grain crackers	
Berries	Brussels sprouts	Seafood Beans & legumes	Waffles	
Kiwi	Mushrooms			



# Plan Your Meals

Day of the Week	Meal
Monday	Plant Based or “Brinner”
Tuesday	Tacos
Wednesday	Soup, Salad, Bread
Thursday	Pasta
Friday	Pizza
Saturday	Burgers
Sunday	Roasted Chicken





# Use Up Leftovers

- Incorporate leftovers into your meal plan
  - Eat the same dish two days in a row
- Repurpose left-over or extra ingredients
  - Rotisserie chicken
  - Roasted vegetables
  - Meat
- Freeze leftovers for a later meal
  - Limits food waste





# Cook Once, Eat Twice

---

- Dinner tonight:
  - Rotisserie chicken
  - Steamed vegetables
  - Roasted potatoes
- Lunch tomorrow:
  - Chicken salad and whole-wheat crackers



# Make Once, Eat Twice

---

- Dinner tonight:
  - Lean steak
  - Roasted vegetables
  - Baked potato
- Lunch tomorrow:
  - Steak salad



# Rethink Meat

---

- Rethink how you use meat
- Replace meat with other proteins
- Blend





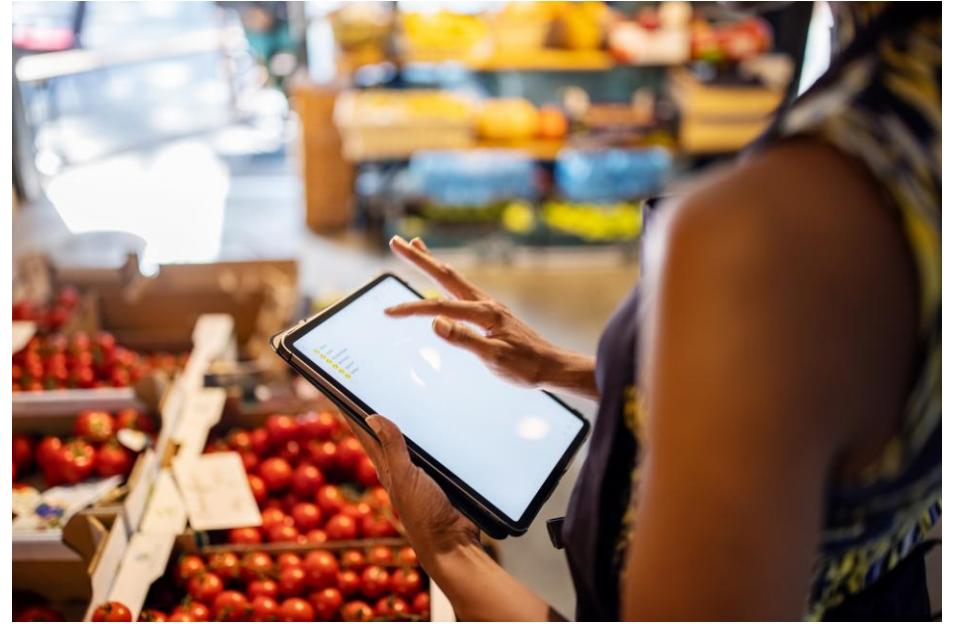
**HyVee**

**Shop Smarter**



# Take Inventory

- Review inventory
  - Pantry
  - Spice rack/drawer
  - Freezer
  - Fridge
- Keep list on your phone or hang on the fridge
  - Update often



# Check the Sales

- Check weekly ads
- Plan meals using sale ingredients
  - Collect ads
  - Create a basic grocery list that focuses on the weekly sale items
  - Create meals using those sale items





# Make a Plan for Produce

---

- Plan out your produce
  - Use fresh first, then frozen or canned
  - All forms are equally nutritious
  - Canned: look for unsweetened/100% juice
- Vegetables
  - No-salt-added
- Budget-friendly options:
  - Frozen berries & vegetables
  - Bananas
  - Apples
  - Potatoes
  - Lettuce
  - Broccoli
  - Carrots
  - Canned tomatoes



# Start with the Basics

- Protein:

- Canned beans
- Peanut butter
- Eggs
- Tofu
- Canned tuna
- Ground turkey
- Chicken

- Dairy:

- Greek yogurt
- Cottage cheese
- Milk

- Whole Grains:

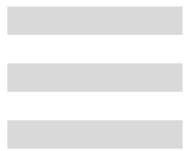
- Brown/wild rice
- Oatmeal
- Whole-wheat pasta
- Whole-wheat bread



# Stay Organized

Step 1

Make a shopping  
list



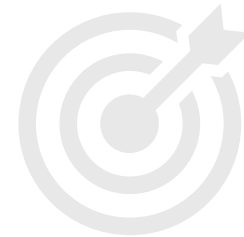
Step 2

Organize list by  
store layout



Step 3

Shop basics first!



# Stock Up

---

- Stock up on sales
  - Dry pasta
  - Canned veggies
  - Frozen veggies
- Freeze fresh meat
  - Wrap properly
  - Date





# Smart Shopping Tips

---

- Stick to your list
- Purchase store brands when possible
- Avoid shopping on an empty stomach
- Purchase seasonal produce



# Aisles Online

---

- Shop online using Aisles Online
  - Shop necessities
  - Refrain from impulse buys
  - Track your total as you shop
  - Create grocery lists







**HyVee**

## **Compare Products**

# Compare Unit Pricing & Box Sizes

	Item Price	Unit Price
That's Smart! Honey Nut Toasted Oats (12.25 oz)	\$2.39	\$0.20
Honey Nut Cheerios (10.8 oz)	\$4.49	\$0.42
Honey Nut Cheerios (18.8 oz)	\$5.49	\$0.29
Honey Nut Cheerios (27.2 oz)	\$6.59	\$0.24



# Brand Name vs. Private Label Brands

Item	Brand Name	Private Label Brand
Wheat Thins (8 oz)	\$3.98	\$2.69
Peanut butter (40 oz)	\$6.99	\$3.95
Jelly (32 oz)	\$5.99	\$3.74
Skim milk (1 gallon)	\$4.59	\$3.79
Canned green beans (14.5 oz)	\$1.39	\$0.69
Greek yogurt (32 oz)	\$5.99	\$5.49
Cottage cheese	\$3.99	\$3.49
TOTAL:	\$33.23	\$23.84



# Brand Name vs. Private Label Brands

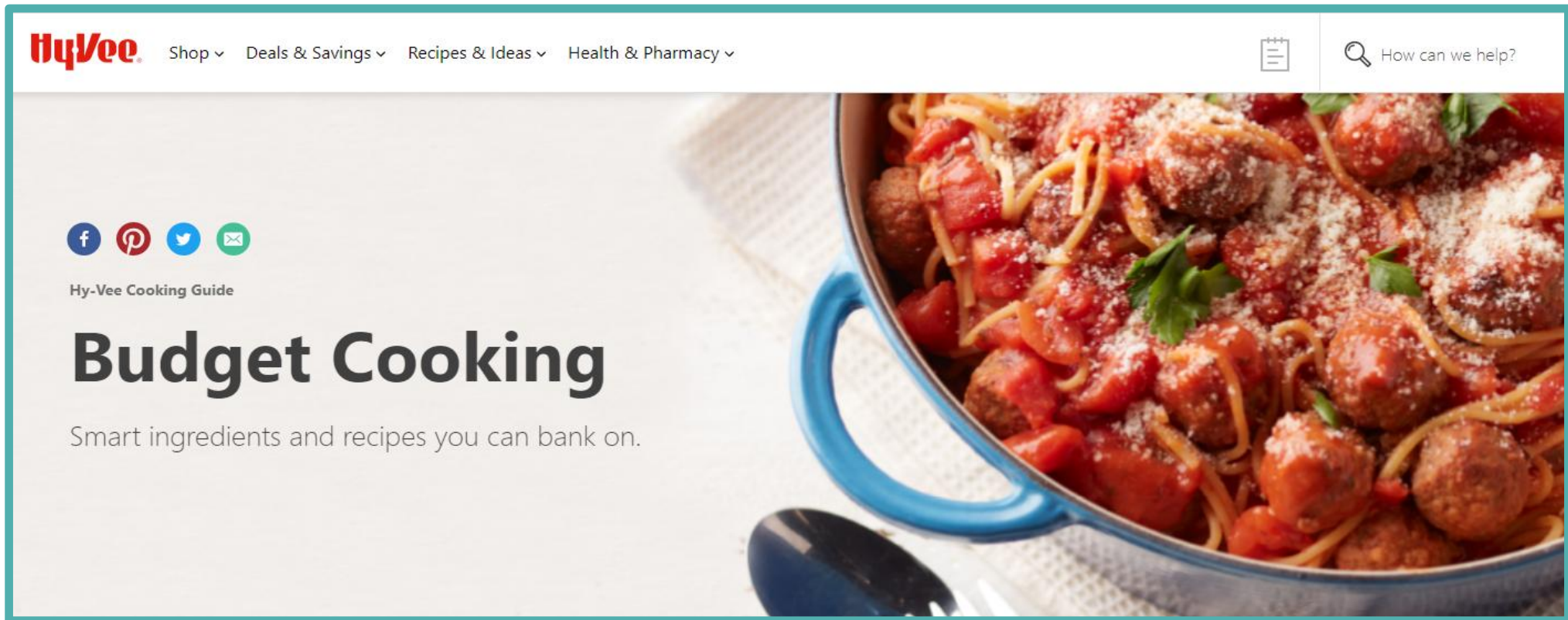
Item	Brand Name	Private Label Brand
Chicken breast (1 lb)	\$7.99	\$3.99
Spaghetti noodles (16 oz)	\$1.84	\$0.97
Marinara sauce (24 oz)	\$2.49	\$1.98
Bagged salad kit	\$4.49	\$3.99
TOTAL:	\$16.77	\$10.93





## Budget-Friendly Meals





- <https://www.hy-vee.com/recipes-ideas/advice-how-tos/cooking-guides/budget-cooking>





# Breakfast Ideas

---

- Overnight Oatmeal
- Oatmeal / Baked Oatmeal
- Breakfast Egg Cups
- Chia Pudding
- Smoothies
- Breakfast Burritos



# Lunch/Supper Recipe: Chicken Burrito Bowl (serves 4)

*Cook the whole batch and freeze single portions to take out as you need them!*

## All you need:

- 1 lb boneless skinless chicken breasts
- 1 (14.5-oz) can fire roasted diced tomatoes, undrained
- ½ cup water
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika
- 2 tsp chili powder
- 1 tsp cumin
- 1 (15-oz) can no-salt-added black beans, rinsed & drained
- 1 (15.25-oz) can no-salt-added whole kernel corn, drained
- ¾ cup shredded Colby Jack cheese
- 1 cup uncooked brown rice or 2 Uncle Ben's rice packets

## All you do:

1. Combine chicken, diced tomatoes, water and seasonings in a slow cooker. Cover and cook on LOW for 3 to 4 hours.
2. Uncover and stir in the drained beans and drained corn. Cover and continue cooking on the LOW setting for 2 to 3 more hours.
3. Use two forks to shred the chicken into bite-size pieces.
4. Cook rice separately on the stove according to box directions, or microwave two packs of Uncle Ben's rice.
5. Top with cheese when serving.



# Lunch/Supper Recipe: Chicken Tortilla Soup (serves 4)

*Cook the whole batch and freeze single portions to take out as you need them!*

## All you need:

- 2 tbsp vegetable/olive oil
- ½ cup onion, chopped
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp garlic powder
- 1 (32 oz) pkg. chicken broth
- 1 (15.5 oz) can diced tomatoes
- 1 (15.5 oz) jar salsa
- 1 (15.5 oz) can light red kidney beans
- 2 cups chicken, cooked and shredded
- 2 cups frozen corn kernels
- 1 tbsp fresh lime juice
- Salt and pepper, to taste

## All you do:

1. In a large pot, heat vegetable oil. Add onion, chili powder, ground cumin, garlic powder, and cook 5 minutes.
2. Add chicken broth, diced tomatoes, mild or medium salsa, light red kidney beans, and shredded cooked chicken. Simmer 15 minutes, stirring often.
3. Add corn kernels, lime juice, salt and pepper to taste. To serve, top soup with crushed tortilla chips, sliced avocado, and chopped cilantro if desired.



# Lunch/Supper Recipe: Mediterranean Tuna Salad (serves 4)

## All you need:

- 1 (15.5 oz) can no-salt-added garbanzo beans
- 2 (5-6 oz) cans water-packed tuna, drained and flaked
- 1 large red bell pepper, seeded and finely chopped
- ½ cup red onion, finely chopped
- 4 tsp unsalted sunflower seeds or pepitas
- ½ cup fresh parsley, chopped
- 1 ½ tsp dried rosemary
- ¼ cup lemon juice
- 2 tbsp extra virgin olive oil
- Salt and pepper, to taste

## All you do:

1. Combine garbanzo beans, tuna, bell pepper, onion, sunflower seeds, lemon juice and oil in a medium bowl. Season to taste with salt and pepper.
2. **To serve:** Divide tuna mixture over mixed greens, whole-grain crackers, or in a wrap.





# Snack Ideas

---

- Greek yogurt with fresh/frozen fruit
- Cottage cheese with fresh/frozen fruit or whole grain crackers
- Apple/banana with peanut butter
- Carrots/cucumbers with hummus
- Whole wheat crackers with cheese
- Hard-boiled eggs
- Roasted chickpeas
- No-bake energy bites



# Putting it all together

---

1

Planning is half the battle

2

Shop smarter ... not harder

3

Small savings add up

4

Do what works best for you!

**HyVee**<sup>®</sup>





**What questions do you have?**





# On-Demand Nutrition Store Tours (Free)

---

- Navigating Nutrition
- Weight Management
- Heart Health
- Diabetes
- Kidney Health
- Food + Fitness
- Plant-Based Eating
- Top 8 Food Allergies
- Gluten-Free
- Eating Better on a Budget





# Nutrition Counseling

---

- In person or virtual
- Individualized for each patient
- Description:
  - *Also known as medical nutrition therapy (MNT), nutrition counseling can help you manage chronic health conditions and diseases through individualized diet and nutrition.*
- *Session times: 15 minutes - 1 hour*

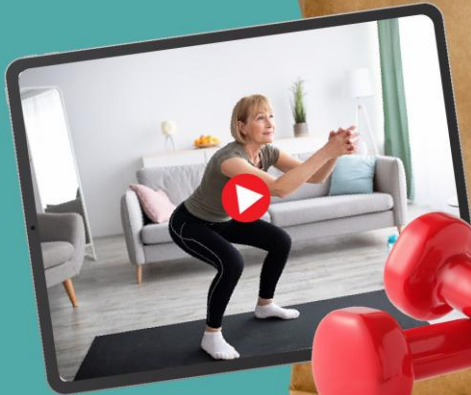




**HyVee**  
**healthy you**<sup>TM</sup>  
subscription



**sign up  
today**



# Healthy You Subscription

## Package includes:

- 60 minutes of nutrition counseling with your Hy-Vee dietitian each month that can be divided to best fit your schedule.
- Short & Sweat fitness videos (40+ episodes)
- On-Demand Freezer Meal Prep Workshops
- On-Demand Wellness classes
- Free registrations on wellness challenges
- Two free health screenings per year (at participating locations)\*
- **Fee:** \$129/month

\*Two free health screenings per year (1 every 6 months). Must commit to a minimum of 2 consecutive months due to program access.

# Healthier Eating Made Easier Cookbook

Hy-Vee Dietitian curated recipe collection



Scan QR code to sign up





# *Thank you for joining me!*

Please reach out with questions or for  
additional assistance.



Scan the QR code  
to get started with  
Hy-Vee Dietitian  
Services today!

Kristin Sousek,  
RD, LN