

Looking to save \$\$ at the supermarket?

(Bonus: you can save the planet and your health at the same time!)

Want to eat healthier but feel you can't afford to do so? Buying "fat-free" cookies and other designer processed foods that claim to be good for your health can get expensive, but the solution may be to avoid the processed foods in general, "healthy" versions or not.

The overall picture is that healthier less-processed whole foods like grains, fruits and vegetables, and beans are some of the cheapest foods in the store. When food is processed, you pay for that processing. And that includes animals "processing" grain (eating it) to convert it into meat.

**If it came from a plant, eat it;
If it was made in a plant, don't.**

- Michael Pollan

Eating lower on the food chain and spending a little extra time preparing your own food can save you a bundle, provides better nutrition, and uses less energy and generates less waste from processing and packaging.

Examples: Price per ounce

Grains: (prepared)

Brown rice	0.04
Rolled oats, bulk	0.04
Packaged instant oats	0.22
Boxed rice mix	0.25
Packaged cereal (avg)	0.27

Protein:

Beans, dried	0.06
Eggs	0.06
Whole chicken	0.08
Boneless, skinless chicken breast	0.17
Ground beef	0.20
Hot dogs	0.27
Bologna	0.22

Vegetables: aim for what is in season

Cabbage	0.03
Carrots	0.08
Broccoli	0.09
Romaine	0.05
Potato chips	0.33
Ready lettuce	0.65

Dairy:

Skim milk	0.04
Yogurt	0.07
Cheddar cheese	0.23

Fruit:

Bananas	0.03
Apples	0.05
Oranges	0.03
Strawberries	0.12
Applesauce	0.16

**Eat food,
not edible food-like substances.**

-paraphrase from Michael Pollan

Intimidated by a bag of dried beans or lentils? Ask us for recipes or advice about learning to cook quick and tasty dishes- you don't need the boxed or frozen meals. Check out www.whfoods.org for some great suggestions as well.