

Health and Wellness

News You Can Use

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Grocery shopping — tips for staying healthy while saving money



Eating healthier — fresh fruits and vegetables, whole grains, fish, nuts — can put a strain on your budget. However, if you plan ahead and shop smart, you can cut down on the costs of a healthy diet. Try the following tips to stay healthy and save money.

Before going to the store

- **Check the ads and apps.** Sunday grocery ads are filled with great weekly sales, especially on meats and produce. There are also apps to help you find more deals. Free apps like Favado (iOS, Android), GroceryPal (iOS, Android) and Flipp (iOS, Android) can be downloaded to your smartphone to help you find coupons and the best deals for nearby grocery stores. If you “like” your favorite brands on social media or sign up for newsletters, you may find further savings.
- **Plan ahead.** Plan your meals for the week before you shop and then buy what’s on the menu. Studies have shown that daily shopping results in extra impulse buying and a 20-30% increase in your grocery spending. Take stock of the food that’s already in your kitchen and figure out what can be used to make breakfast, lunch and dinner for the week. Create a calendar and write down every meal you’ll make for the entire week. After that’s done, compile a shopping list with only the items you need to make those meals. Planning out your meals for the entire week saves time and

money, and helps you avoid “impulse” buys. Consider using free apps ChefTap (iOS, Android) or Mealime (iOS, Android) to create healthy weekly meal plans and grocery lists.

While shopping

- **Don’t shop hungry.** You’ve probably heard it before: Don’t shop on an empty stomach. It’s hard to resist that yummy bakery section or other items not on your shopping list when you’re hungry. Grab a handful of nuts or eat a small snack so you’re not distracted by hunger pangs while you shop.
- **Shop the perimeter of the store.** It’s where you’ll find the healthiest, freshest food for a well-balanced diet.
- **Add things up as you go.** Use the calculator on your phone to keep a continual tab of the items in your cart. That way there aren’t any surprises at checkout. Before leaving the store always check your receipt to make sure you weren’t overcharged.

When you get home

- **Use your freezer.** When meats go on sale, stock up. You should never pay full price for your meat unless you use a specialty butcher. You can pre-cook or marinate meats and then freeze to speed up meal times. If you know that you’ve got food ready at home, it’s less tempting to eat out.
- **Don’t waste the leftovers.** Plan meals so that you have leftovers for lunch the next day, or freeze leftovers for a quick meal another day.
- **Make healthy choices easy.** Spend some time once a week washing and cutting up fruit and vegetables. This will speed up dinner and lunch preparations and provide healthy snacks that are ready to go.

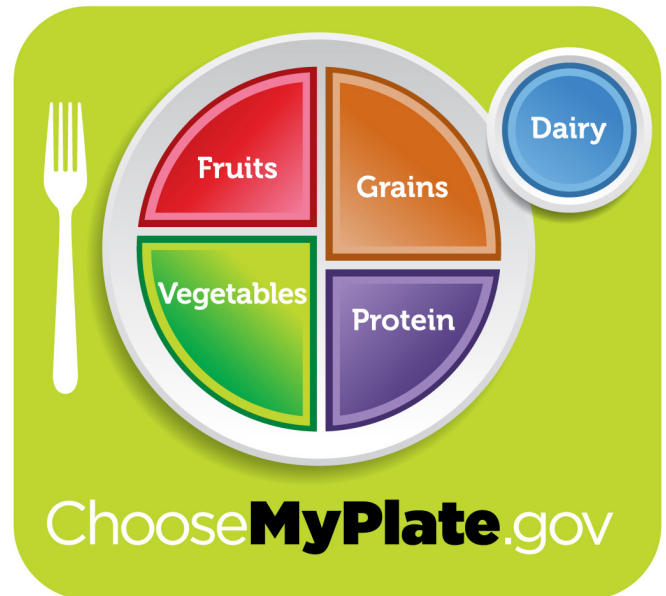
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Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat and sodium.

- **Make half your plate veggies and fruits.** They are full of nutrients that support good health. Choose fruits and red, orange and dark-green vegetables such as tomatoes, sweet potatoes and broccoli.
- **Include whole grains.** Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.
- **Don't forget the dairy.** Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



Recipe

Healthy recipe: Spring pasta salad

Ingredients

Dressing:

- 1/3 cup extra-virgin olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon honey
- 1 clove garlic, grated
- 1 lemon, zested and juiced
- Salt and freshly cracked black pepper

Pasta:

- 12 ounces cavatappi pasta, cooked to package instructions and shocked under cold water
- 4 ounces asparagus, blanched and thinly sliced
- 1 box frozen peas, defrosted
- One 12-ounce jar roasted yellow peppers, chopped
- 1 pint grape tomatoes, halved
- 1 shallot, minced
- 1/2 cup fresh dill, chopped
- Parmesan cheese, for garnish



Directions:

For the dressing: In a small bowl, whisk together the olive oil, Dijon mustard, honey, garlic, lemon zest and juice, and season with salt and pepper.

For the pasta: Toss the pasta with the asparagus, peas, roasted peppers, tomatoes, shallots and dill. Pour the dressing over the salad, tossing to coat. Let the salad hang out for a bit to soak up all of the flavor.

When ready to serve, bowl it up and shave some parmesan over the top.

Source: Food Network