

Provided by OhioHealth

# Delaware County EMS

- Where Eating. Meets. Science. -

April 2023



## Unsure what to make for dinner?

*Try this simple formula for a variety of nutritious meals by mixing & matching your pantry staples!*

**Lean protein + vegetable + whole grain/carbohydrate + flavorings (aromatics/sauces/dressings)**

### More Bang for Your Buck

For about \$13.00 you could buy	Or that same \$13.00 could buy
1 lb. bag of cookies	1 can of green beans (\$0.50/can)
10oz. Bag of chips	1 bags of frozen broccoli florets (\$1/bag)
2 liter of soda	1 can of pears (\$1.38/can)
½ gallon ice cream	2 lb brown rice (\$1.64/2lb)
	1 can carrots (\$0.88/can)
	1 can mandarin oranges (\$1.34/can)
	2 Gala apples (\$0.84/apple)
	1 jar of peanut butter (\$2.62/jar)
	18oz. Store brand oats (\$2.48/container)

## 3 Tips to Eating Healthy on a Budget

### 1. Buy canned and frozen produce

Benefits of processed produce:

- More affordable
- Longer shelf-life
- Available year round
- Easy meal prep

### 2. Meal prep

[Check out the link](#) for a free online cookbook dedicated to cooking nutritious meals on a budget.



### 3. Make a grocery list

The average shopper spends 40% more on impulse buys when shopping without a list.

Plan your meals for the week and build your list around the ingredients.



## Upcoming Events:

### Eating Healthy on A Budget Lunch N' Learn

#### Station #2

April 28<sup>th</sup> from 11-12PM

Join Maddie Bidwell, RD, LD, to learn about eating healthy without breaking the bank while making a budget-friendly, nutritious lunch.

### Resources:

Randall's email:

[EPhysiologist@co.delaware.oh.us](mailto:EPhysiologist@co.delaware.oh.us)

[Randall.woods@ohiohealth.com](mailto:Randall.woods@ohiohealth.com)

Maddie's: email:

[Maddie.garner@ohiohealth.com](mailto:Maddie.garner@ohiohealth.com)

Scan the QR code to sign up for nutrition coaching!



## We want your feedback!

Attended a Lunch n' Learn? Let us know your thoughts so we can continue to improve this program.

