

Eating Healthy on a Budget

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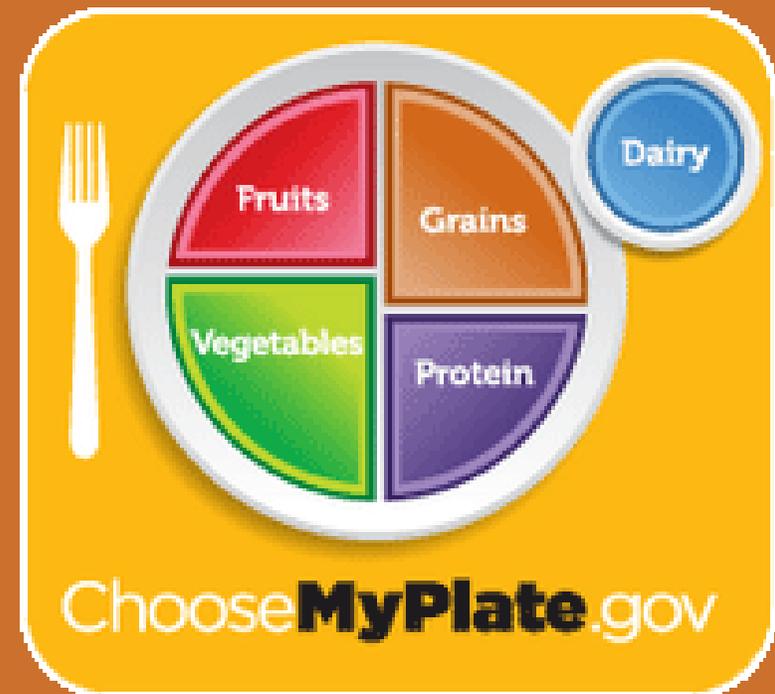


If you had to pick a fruit or veggie to describe your personality, what would it be and why?



2015-2020 Dietary Guidelines

1. Follow a healthy eating pattern across the lifespan.
2. Focus on variety, nutrient density, and amount.
3. Limit calories from added sugars and saturated fats and reduce sodium intake.
4. Shift to healthier food and beverage choices.
5. Support healthy eating patterns for all!



Food Hero



Food Hero, an OSU program dedicated to providing resources to families looking to maximize their food budget with low-cost, simple healthy recipes, saw nearly 2 million visitors to its website in 2017.





GEAR UP

for food safety!



LET'S GET COOKING



- You all are helping to prepare today's lunch!
- Split up into five groups of 6-7 individuals to make the following:
 - Peanutty African Stew
 - Kale and White Bean Soup
 - Kale Salad
 - Kale Dip
 - Popeye Power Smoothie.

Give Them More of the Good Stuff!

Leafy Greens Basics

Leafy greens are full in vitamins and minerals.

Beet Greens
Collard Greens
Mustard Greens

Spinach
Beta-Leafy

Kale
Chard
Turnip Greens

Shop and Save

- Choose greens that look crisp, avoid wilted or yellowing leaves and browned stalks.
- Greens stay fresher and cost less when they are in season. Most are available spring through summer or fall. Kale, mustard greens and collard greens are available during the winter months.
- Try them on a local farmers market for the best quality.
- Freeze spinach in a good value but value frozen greens often and use them fresh.

Store Well Waste Less

- Wrap greens in a damp paper towel and roll them in an airtight plastic bag or container. Use most greens within 3 to 5 days for best quality.
- Wash greens just before using to reduce spoilage.
- Wash leaves in a large bowl of cool water.
- Let cool briefly to allow dirt to settle.
- Lift leaves from the water.
- Repeat until there is no dirt on the bottom of the bowl.
- Pat leaves dry if needed.
- Freeze for longer storage. Always track quality before freezing for best quality. Use within 6 to 8 months.

Oregon State University

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Open Discussion: Eating on a Budget

- What do you already do when it comes to cooking on a budget?
- What are your tricks to eating on a budget?
- What are some recipes you make that are friendly for a budget?