

Shopping, Budgeting & Meal Planning

A Grocery Store Survival Guide

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NutritionOverEasy.com

Grocery Store Survival Guide

Making Decisions is Depleting

- Reduced stamina
- Increased procrastination
- Less accurate calculations
- Reduced self-control
- Effects are progressive and cumulative

Vohs KD, Baumeister RF, Schmeichel BJ, Twenge JM, Nelson NM, Tice DM. Making choices impairs subsequent self-control: a limited-resource account of decision making, self-regulation, and active initiative. *J Pers Soc Psychol.* 2008 May;94(5):883-98.

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Should I buy this?

- Taste
- Convenience
- Cost
- Nutrition
- Other concerns
- Familiarity/Habit

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How can I get the most calories for the dollar?



Andrieu E, Darmon N, Drewnowski A. Low-cost diets: more energy, fewer nutrients. *Eur J Clin Nutr.* 2006 Mar;60(3):434-6.
 Drewnowski A, Darmon N. Food choices and diet costs: an economic analysis. *J Nutr* 2005;135:900-4.
 Drewnowski A, Specter SE. Poverty and obesity: the role of energy density and energy costs. *Am J Clin Nutr* 2004;79:6-16.

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**10 MOST NUTRITIOUS FOODS
For the Money**

PEANUT BUTTER	RICE
WHOLE WHEAT BREAD	PASTA
TUNA	DRIED BEANS
MILK/YOGURT	EGGS
SPAGHETTI SAUCE	FRUITS/VEGETABLES

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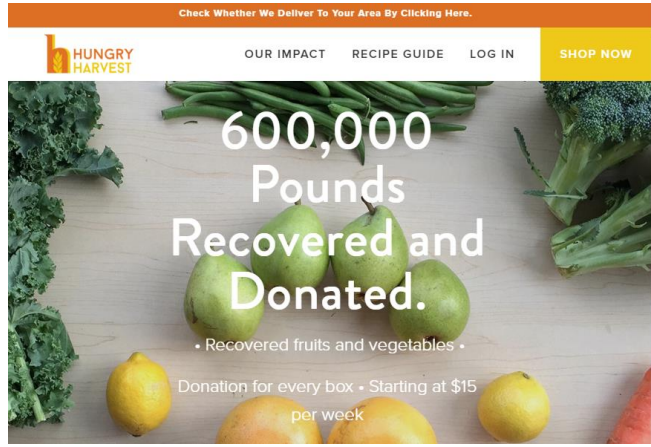
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Food Recovery Networks

FeedingAmerica.org
AmpleHarvest.org
CommunityPlates.org

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HungryHarvest.net

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SNAP CHALLENGE

- 1 loaf whole wheat bread: \$1.99
- 8 eggs: \$1.50
- 12 oz peanut butter: \$1.44
- 1 5-oz can tuna: \$0.90
- 14 oz dry pasta: \$0.84
- 1 quart spaghetti sauce: \$1.62
- 12 oz rice: \$.92
- 1 lb dried beans: \$1.25
- 3/4 cup olive oil: \$0.90
- 2 quarts whole milk: \$2.39
- 1 quart whole yogurt: \$2.19
- 2 lb frozen vegetables: \$1.98
- 2 heads lettuce: \$3.60
- 1 lb carrots \$1.99
- 7 apples: \$3.50
- 7 bananas \$1.75

Nutrition Facts			
Serving Size: 1 serving (1566.5g)			
Servings: 1			
Amount Per Serving			
Calories	2060	Calories from Fat 720	
		% Daily Value*	
Total Fat	80g	123%	
Saturated Fat	19g	95%	
Trans Fat	0g		
Cholesterol	265mg	89%	
Sodium	1370mg	57%	
Potassium	4130mg	118%	
Total Carbohydrate	267g	89%	
Dietary Fiber	39g	156%	
Sugars	84g		
Protein	83g		
Vitamin A	430%	Vitamin C	150%
Calcium	90%	Iron	80%
Vitamin D	15%	Vitamin E	60%
Vitamin K	360%	Thiamin	140%
Riboflavin	110%	Niacin	120%
Vitamin B6	90%	Folate	200%
Vitamin B12	50%		

*Percent Daily Values are based on a 2,000 calorie diet.

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➤ A Taste of African Heritage: The African Heritage Community Cooking Program ➤



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Reducing Food Waste

- Plan meals
- Use shopping list
- Store smart
- Prioritize perishables
- Maximize leftovers

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Free Resources

NutritionDivaBook.com (shopping cheat sheet)

NutritionOverEasy.com (snap challenge)

QuickandDirtyTips.com

Oldwayspt.org (recipes, mealplans, curricula)

USDA.gov/Foodwaste (food recovery)

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Thank You

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