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HEALTHY ON A BUDGET FOUR STEPS...

STEP 4 Skip the royalties! (Chips, Candy & Soda).

Highly processed foods raise the cost of your grocery bill without adding any health benefits.

STEP 3 Buy Only What You Need!

Buying extra food that does not get eaten can mean wasted food and wasted dollars.

STEP 2 Buy Less Processed Food!

Buy whole ingredients in bulk and save money.

STEP 1 Buy On Sale! (Frozen or Seasonal Foods).

Scan the store specials to find deals on seasonal and frozen items.



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HEALTHY ON A BUDGET - 4 STEPS - 18X24" LAMINATED POSTER

\$ 19.00

Brand: Nutrition Education Store (/collections/vendors?q=Nutrition%20Education%20Store)

SKU: BUDGETP4

UPC: 689407959618

Qty:

1

ADD TO CART



One of our dietitian clients asked us for a tool so she could teach her clients that turkey or chicken is more expensive than mac and cheese. But eating shop and you don't have to give up your favorite foods. You just have to

We made this handy poster for her to use as a classroom and presentation tool. It is 18" x 24" and is laminated.

This poster teaches valuable lessons about making the best shopping decisions pairing it with lessons on MyPlate and the Nutrition Facts Label.

- 1. Size: 18" x 24"
- 2. Laminated
- 3. Language: English
- 4. Age group 10 to adult
- 5. Topic: how to control your food cost

Activity Ideas:

- 1. Go online to your favorite store like Amazon Prime, Walmart, Whole Foods many of the popular empty calorie foods. Figure out how much these cost and don't need them!
- 2. Did you know that 25% of all foods brought home from the store are not what you need you can save money because you won't be throwing food away.
- 3. Show the cost savings of less processed foods. Examples include the cost of cereals or a 2 pound bag of rice versus the boxed mix. Now people can save.
- 4. Take a look at the foods in season or the specials on frozen and canned items and make with them. Yummy ideas come from these and you save money, too.
- 5. Learn to use the "cost per unit" price on the store aisle. Figure out a few examples so people can get the practice on figuring out this cost and using it for analysis.
- 6. Make a menu and shopping list. See how it impacts the food cost for one week!

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STEP 2 Buy Whole Foods

Buy whole ingredients in bulk and save money.

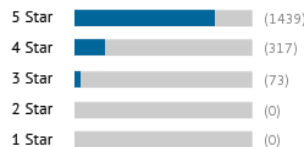
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We're currently collecting product reviews for this item. In the meantime, here are some from our past customers sharing their overall shopping experience

4.7
Out of 5.0



Overall Rating

96%

of customers that buy from this merchant give them a 4 or 5-Star rating

Verified Buyer

September 6, 2018 by Lori M. (United States)

"Very good"

September 5, 2018 by Barbara A.

"Found what I needed and the check out process was easy."

September 4, 2018 by Tamara B.

"easy to order and free shipping!"

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Processed Foods
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