

Eating Healthy on a Budget

A healthy and balanced diet can get expensive, but there are ways to improve your diet without breaking the bank

Make small changes that don't cost any more money

For example, choose 100% whole wheat breads instead of white or choose brown rice instead of white rice

Plan Ahead

Decide which meals to make for the week, make your grocery list, and stick to it! By planning ahead, you can get exactly what you need and nothing will go to waste

Plan for Leftovers

Make large portions and freeze leftovers, or repurpose leftovers to create a whole new meal

Frozen and Canned Fruits & Veggies ARE Healthy

Fresh fruits and vegetables can be expensive. Frozen and canned fruits and vegetables are much more affordable than fresh and still have many of the same nutritional benefits

Skip the Packaged Snack Items

Although it may seem like chips, soda, and cookies are a cheap option, these are foods that provide very little nutrition and will not keep you full for long

Repurposing Leftovers

Leftover meat - use as a filling for a sandwich or quesadilla, or add to a salad

Extra veggies - add to an omelet, mix into scrambled eggs, or add to a hotdish

Excess rice or pasta - use in a stir fry or mix into a soup

Leftover beans or avocado - use as a spread for toast and top with an egg

Healthy Snacks

- Banana & peanut butter
- String cheese
- Hard-boiled egg
- Unsweetened applesauce
- Carrot sticks & ranch
- Celery & bean dip
- Toast with peanut butter & jelly
- Cottage cheese & canned peaches

About Open Door Health Center

As your community health center Open Door provides quality, affordable **medical, dental & mental health** services to you and your family, regardless of your ability to pay.

The Open Door mission is to provide access to integrated, patient-centered care for our communities, which includes access to our registered and licensed dietician at no additional cost to you.



**309 Holly Lane, Mankato, MN
507.388.2120**

**Emma Schalow, RD, LD
507.344.5510**