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, 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!

CDC's Food Safety Tips
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.
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?