



One Step at a Time Eating *Healthy* Economically

You can take one step at a time to make your diet healthier. Each step you take will make a big difference. Here are some steps to choose from. Try committing to practicing one step per month. At the end of a month, the step will be a habit. At the end of a year, think how much healthier you and your family will be!

1. *Drink water.*
2. *Keep a bowl filled with fresh fruit. Enjoy!*
3. *Cook steel cut oats for breakfast 2 x a week.*
4. *Plan menus & shop for the week.*
5. *Buy what's fresh, seasonal & on sale.*
6. *Make a large pot of brown rice once a week.*
7. *Find a friend who wants to change, too. Share!*
8. *Take homemade food with you to work & school.*
9. *Go to a farm market on weekends.*
10. *Try a simple, new, healthy recipe.*
11. *Buy pantry staples in bulk & on sale.*
12. *Grow an herb plant on a sunny window sill.*

One healthy meal makes you more healthy.

For more community nutrition resources, visit: www.cmbm.org/communitynutrition

1. Drink water.

If you regularly drink sodas, iced tea or other commercial drinks, try pure water. You might wish to invest in a Brita pitcher and filters (one \$7 filter will filter 40 gallons of water). Try adding a slice of lemon or lime to cool water, or sliced ginger to hot water. It's delicious! Your thirst will re-awaken if you drink water regularly, and you'll want to drink even more. So will your kids!

2. Keep a bowl filled with fresh fruit. Enjoy!

Buy what's fresh, in season, and on sale. Fresh fruit is more filling than fruit juice. Save money on the juice and drink water (#1). Add a handful of nuts for a healthy, filling snack.

3. Cook steel cut oats for breakfast 2 x a week.

A canister containing 21 servings of steel cut oats costs about \$2.00 at Trader Joe's. Follow the package directions. Or—the night before—bring the water to a boil, add the oats, turn off the burner and let sit, covered, overnight. Heat in the morning. Top with any of the following: nuts, seeds, dried and fresh fruits, shredded coconut, milk (rice, soy or almond) and a little maple syrup or honey. Feel full until lunch!

4. Plan menus & shop for the week.

Planning ahead is one of the biggest cost savers of all. Map out what you are going to cook for the week for all three meals plus snacks. Make a grocery list. If you are buying celery for one recipe, chose another recipe that requires celery, and use the rest for snacks—so you don't waste food. Buy only what you need.

5. Buy what's fresh, seasonal, and on sale.

If baby spinach is on sale, change your menus (#4) to include that. Eating healthy with the seasons makes cooking more fun, too. Not the same old same old!

6. Make a large pot of brown rice once a week.

Cook ahead. While you are home with your family on Sunday afternoon, cook a pot of soup and a pot of rice. Heat them up during the week as the basis for several meals. Freeze extra and use when you need an easier meal. It's nice to have healthy meals on hand. (Going hungry is not a good strategy!)

7. Find a friend who wants to change, too.

Change is easier and more fun when you have company. Share ideas and resources.

8. Take homemade food with you to work, school and sports.

Leftovers can make lunch a gourmet healthy treat. Roasted vegetable quesadillas are delicious room temperature, and a thermos can keep soup or a rice dish warm. Copy Whole Foods and cut up a watermelon into bite-sized pieces—pack with a cold pack to keep cool. This is easier if you do #7, too. Take healthy snacks to soccer!

9. Go to a farm market on weekends.

The most fun item on the list, this makes food shopping a joy. Pumpkins in the fall! Asparagus in the spring! Corn and ripe, local tomatoes in the summer. Plan and prepare a lovely family supper on Sundays based on what's in the market that week. Savor the seasons.

10. Try a simple, new, healthy recipe.

Ask the farmer (#9) how to fix a vegetable you've wanted to try, but didn't know how. Farmers know and love food! They are full of great ideas. Or visit www.whfoods.com for recipes for any food under the sun, and lots of interesting information.

11. Buy pantry staples in bulk & on sale.

Be sure you always have enough staples on hand to make a healthy meal, quickly. Essential to the whole foods pantry: canned beans. Rinse, add spices if you wish and heat. Serve in tortillas, over rice (#5), or over greens. Filling!

12. Grow an herb plant on a sunny window sill.

Much cheaper than buying herbs in boxes that you won't use all of anyway. Pinch off what you need each time, and the plant will grow bushier and better.