
HIV Nutrition Education

Fact Sheet

Eating on a Budget

Eating healthy when on a budget is possible. Take time to do some planning. It can save both time and money. Compare prices using the individual store flyers that come in the mail. Non-food items may be less expensive purchased at discount stores. Check costs in your area to determine the best place to shop for your food and non-food items. If you have extra money and storage space, buy items that you use often when they are on sale. If you have storage space, buying the economy size may save money.

Shopping tips:

- Make a shopping list. Know what you have in stock and buy only what you need.
- Avoid shopping on an empty stomach or with your children.
- Try bulk food bins, which may be less expensive and you can buy the amount you want.
- Buy what is grown locally and in season.
- Buy quantities you can readily use or easily store to prevent spoilage and food waste.
- Keep a list of standard food items and staples. Buy extra when on sale.
- Limit convenience foods. For example, buy frozen orange juice and add the water. It's less expensive than fresh orange juice. Buy chicken whole, not cut up.
- Store brands and generic products are often less expensive than brand name products.
- Canned foods are often less expensive than fresh or frozen. Rinse canned vegetables to decrease the amount of sodium.
- Beware of end-of-aisle displays. They are not always bargains.
- Bend and stretch. Choose from top and bottom of shelves where the items are usually less expensive.
- Compare prices by the unit to get the best bargain.
- Use coupons only for products that you use regularly. Buy one, get one free.
- Shop early or later in day when items may be reduced for quick sale.
- Avoid buying at convenience stores. They are much more expensive.
- Carry food and fluid with you whenever you leave the house.
- If storage is a problem, canned and dry goods are convenient and store longer.
- Prepare your own meals. It's cheaper than eating out and more nutritious.
- Cut down on foods such as the potato chips, cookies, candy, etc. They are costly and provide little nutrition.
- Buy powdered milk and use in both drinking and cooking.
- Use more dried beans to increase protein content of meals.
- Finish the whole container (i.e. ketchup or mayonnaise) before opening a new one.



For more information or to sign up for a nutrition class call:

Janelle L'Heureux MS RD: 213-201-1556 jlheureux@apla.org or go to www.apla.org & click on Community Calendar. APLA copyright © 2005. For persons with disabilities, reasonable accommodation may be provided upon request. Please call 213-201-1582 TTY (for voice, call California Relay Service first at 711, then give operator the TTY number) at least 5 working days in advance to ensure availability.



Suggestions for Items to Have on Hand

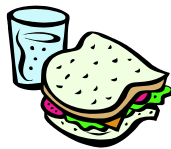
All Purpose Flour	Canned Tuna	Jelly, Jam
Whole Wheat Flour	Canned Chicken	Mustard
Rice	Canned Fruit	Cornstarch
Macaroni/Pasta	Tomato Paste	Ketchup
Rolled Oats	Raisins	Soy Sauce
Peanut Butter	Salad Dressing	Salt
Onions	Mayonnaise	Pepper
Potatoes	Brown Sugar	Vinegar
Carrots	White Sugar	Chicken Bouillon
Dried Peas, Beans	Saltine crackers	Chili Powder
Lentils	Cooking Oil	Garlic Powder
Frozen vegetables	Dairy products	Oregano
Canned Corn	Baking Powder	Vanilla
Canned Tomatoes	Powdered Milk	Cinnamon

Cross off things you do not use and add your own items.

Snack Attack!

If you are not eating a well balanced diet, snacks can be used to replace those missing nutrients. They can help you maintain weight, preserve lean body mass, and optimize nutritional health status. Remember that snacks should be nutritious, low in fat, sugar and salt. Try these inexpensive quick ideas.

- Raw veggies or fruit
- Dried fruit
- Yogurt
- Muffin
- Dry cereal
- Bagels
- Cheese
- Crackers
- Hard boiled eggs
- Rice cakes
- Leftovers or a sandwich



Quick, Nutritious, Breakfast Ideas

- Cereal, milk (soy, regular or rice) and fruit
- Toast or bagel with peanut butter and milk or juice
- Granola, yogurt, nuts and berries
- Trail mix made with dried fruit, nuts and cereal
- Hardboiled or scrambled egg with toast and juice
- Beans and tortilla
- Quesadilla made in the microwave
- Cottage cheese and fruit



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