



HEALTHY AT 80

www.communityhealthdayton.org

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Shop Smart to Fill Your Cart!

To get the most for your dollar & your health, follow the tips in this month's issue as you shop at your favorite food store.

You can find protein foods throughout the entire store—in the fresh meat case, frozen foods section, dairy case, canned and pantry aisles.

- Some great low cost choices for protein include beans and peas, such as kidney beans, split peas, and lentils. Use these good sources of protein for main or side dishes. Beans and peas cost far less than a similar amount of other protein foods, such as meats.
- To lower meat costs, buy the family-sized or value pack and freeze what you don't use. Choose lean meats like chicken or turkey. When choosing ground beef, make sure it's lean (92% lean 8% fat).
- Seafood doesn't have to be expensive. Try buying canned tuna, salmon, or sardines – they store well and are a low cost option.
- Remember the eggs! They're a great low-cost option that's easy to prepare.

<http://www.choosemyplate.gov/tips-for-every-aisle>



Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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Savings in Every Aisle!

Find fruits & vegetables in the produce section, frozen foods, canned, & pantry food aisles, then compare prices to find the best buys.

- Buy “in season” fresh produce. It is usually less expensive, and at peak flavor. Buy only what you can use before it spoils.
- Try buying canned. Choose fruit canned in 100% fruit juice and vegetables with “low-sodium” or “no salt added” on the label. These products are just as nutritious as fresh, and often cost less.
- If you have the freezer space, buy frozen vegetables without added sauces or butter. They are as good for you as fresh and may cost less.

Make half your grains whole grains—check ingredient lists and pick the items that have a whole grain listed first.

- Whole grains include whole wheat, brown rice, bulgur, buckwheat, oatmeal, & whole oats. Brown rice & whole wheat pasta are budget-friendly grain options.

Choose low- fat or fat-free dairy products. They provide just as much calcium, but fewer calories than whole or 2% milk milk and full-fat cheeses and yogurts.

- Buy the larger size of fat free or low-fat plain yogurt instead of individual flavored yogurts. Then add your own flavors by mixing in fruits.

Drink water instead of buying sodas, juice, or other sugary drinks. Tap water is easy on your wallet and has zero calories.

Better Choices for Your Health and Your Wallet

- 1) **Save time, money & calories by skipping the chip & cookie aisles.**
- 2) **Choose the checkout lane without the candy, especially if you have kids with you.**
- 3) **You can save money by drinking water from the tap at home or when eating out. A reusable water bottle is a great way to have free water with you on the go instead of having to spend money on drinks.**
- 4) **Buy in bulk when items are on sale. For fresh produce you use often, a large size bag is the better buy. Canned or frozen fruits or veggies can be bought in large quantities when they are on sale, since they last much longer.**
- 5) **Opt for store brands when possible. You will get the same or similar product for a cheaper price.**



Understand the Price Tag

There is much more to a price tag on the grocery shelf. First, there's the retail price. This is the price you pay for each item. But have you ever looked at the unit price?

The unit price will tell you how much an item costs per pound, ounce, quart, etc. *The image above shows two different price tags.*

In the first red box, the retail price is \$1.62 for one 32 oz. yogurt. The unit price is \$0.05 per oz. In the second red box, the retail price is \$0.72 for one 6 oz. yogurt. The unit price is \$0.12 per oz.

Based on the unit price, you can determine that the larger, 32 oz. yogurt is the better buy.



Nutrition Bites!

Time is expensive too! Try these kitchen timesavers to cut back on time and make less work for you. By taking the stress and hassle out of cooking, you'll have more time to enjoy it and to spend with your loved ones.

- ⇒ **Organize your kitchen.** Keep frequently used items such as cooking oils/sprays, spatulas, cutting boards, and spices within easy reach. This will save you from having to search for them later.
- ⇒ **Chop extra.** When chopping up veggies for a meal, chop more than you need. Take the extra, place in a reusable container and freeze. Then next time you need it, you can skip a step. Pre-chopped and pre-sliced fruits and veggies from the store may be handy, but they are usually more expensive!
- ⇒ **Have everything in place.** Grab all ingredients needed for your meal – vegetables chopped, spices measured, and meats thawed. It will be easier to spot missing items and avoid skipping steps.
- ⇒ **Double your recipe.** For your next casserole or stew, try doubling the recipe and freezing the extra. You'll save time and make cooking next week's dinner a snap!
- ⇒ **Save some for later.** Freeze leftover soups, sauces, or gravies in small reusable containers for the next day's dinner or lunch!

Delicious & Nutritious

Makes 6 Servings

Total Cost: \$6.47 Serving Cost: \$1.08

20 Minute Chicken Creole

- 1 Tbsp olive oil
- 2 boneless skinless chicken breasts, cut into 1-inch pieces
- 1 (14.5 oz) can diced tomatoes
- 1 cup low sodium chili sauce
- 1 green bell pepper, chopped
- 2 stalks celery, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp dried basil
- 1 tbsp. parsley flakes
- 1/4 tsp salt

⇒ Heat pan over medium-high heat (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until no longer pink when cut (3-5 minutes).

⇒ Reduce heat to medium (300 degrees in electric skillet). Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.

⇒ Serve over hot, cooked brown rice or whole wheat pasta.



<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/20-minute-chicken-creole>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

Appointment Line:
937-461-6869

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342
Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402
Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404
Phone: 937-228-0990

East Dayton Health Center

2132 East Third Street Dayton, OH 45503
Phone: 937-528-6850

Southview Health Center

25 Thorpe Drive Dayton, OH 45420
Phone: 937-258-6330

Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402
Phone: 937-558-0180

Dental Center

East Dayton Dental Center

2123 East Third Street Dayton, OH 45403
Phone and Appointments: 937-528-6830

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