



HEALTHY AT 80

www.communityhealthdayton.org

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Eat Healthy AND Save Money!

A common myth is that eating healthy is expensive. Actually, many of the healthiest foods in the grocery store can also save you money! Here are ways you can help your health and your budget when buying food:

Eat at home

- Fast food restaurants may seem cheap, but by the time you add a drink and your side item you are likely to wind up spending more than you would on a healthy meal prepared at home.

Buy & freeze fresh produce when it's in season

- Fruits and veggies are always at their best value when they are in season.
- Most fruits and veggies freeze well—just wash and pop in a zip-top freezer bag!

Shop the sales

- Instead of shopping for groceries based on your weekly meal plan, consider planning your meals around what's on sale. For example, 10 for \$10 deals on frozen veggies save both money and time on meal prep!

<http://www.thekitchn.com/10-smart-tips-for-eating-healthy-on-a-super-tight-budget-reader-intelligence-report-211182>



*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*

In This Issue

- The Best Kept Grocery Secret...
- Smart Cart
- Shop the Perimeter
- Nutrition Bites!
- Delicious & Nutritious



The Best Kept Grocery Secret... Beans and Whole Grains

Beans and whole grains, like quinoa and brown rice, are an inexpensive and tasty way to stretch food dollars, and can even be a meal in themselves.

- ⇒ Dried or canned beans are a perfect pantry staple that will keep for months. Beans are also high in fiber and protein, as well as B vitamins and iron. For an easy, pre-cooked option, choose low-sodium canned beans and rinse before using to remove excess sodium.
- ⇒ Beans are great for stretching out your meat purchases. Meats are often one of the more expensive food items in your cart, but adding beans can make those dollars last longer without losing any delicious flavor!
- ⇒ Use a lot of beans and a little ground turkey or lean ground beef to make a big batch of chili. Leftovers mean you save time and don't have to cook the next night!
- ⇒ Mix cooked black beans with ground turkey to make easy, economical turkey burgers!
- ⇒ Whole grains are economical and make a meal more filling. Buy a big package of brown rice or whole wheat couscous, cook the whole batch, and freeze it in single portions to throw into salads, soups, casseroles, or other lunch or dinner recipes when you need them. The whole grains also keep you full longer, to help weight loss efforts.

Smart Cart

There are many places you can shop for healthy foods, such as grocery stores, ethnic markets, dollar stores, retail supercenters, wholesale clubs, and farmers markets.

- 1) **Eat before you shop.** Grocery shopping hungry can lead to impulse buying & unhealthy choices.
- 2) **Use coupons – but only for items that you know you'll use. If you don't need an item right away, save the coupon and see if it goes on sale.**
- 3) **Look up & down for savings.** Stores often stock the priciest items at eye level. You can save big by looking at the upper & lower shelves too.
- 4) **Check for store brands.** Most stores offer their own brand of products that often cost less than name brands.
- 5) **Ask for a rain check.** If a sale item has run out, ask the store for a rain check. This allows you to pay the sale price after the item is restocked.

Shop the Perimeter

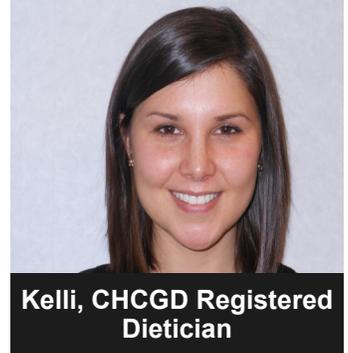
When shopping at the grocery store, use the perimeter method. Sticking to the edges of the store will help you to choose less processed foods, and will help you save money! Stores try to tempt you with processed foods, because they are actually not a good value and have a higher price markup! Head straight for the produce, bread, meat, and dairy sections, and then the few interior aisles that have good options such as nuts, beans, rice, frozen or canned veggies, and condiments. This method of shopping not only helps save money but will drastically improve your health!



Nutrition Bites!

—> With our grocery stores jam-packed with options, a recent nationwide analysis showed more than 60% of the calories in food we buy comes from processed foods. The definition used for processed foods is that they contain multiple ingredients, and industrially formulated mixtures of ingredients. The real issue with processed foods is that they are high in calories, unhealthy fats, and sodium. When relying on these foods for our dietary intake on a daily basis, our overall health takes a tremendous downturn. Many of these items are found in the interior aisles of the grocery store, and are shelved at eye level to entice the customers.

—> A key note to mention is not everything that comes in a can or package is considered processed. For example, low sodium canned vegetables, low sodium canned beans, low sugar whole grain breakfast cereals, and plain oatmeal packets are all excellent packaged options. The difference is that they have a small number of added ingredients and are minimally processed.



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Delicious & Nutritious

Breakfast time can be stressful, as we are rushing off to work and/or getting children off to school! Today's recipe helps you prepare for these busy times, so you can still have a healthy breakfast. This recipe only takes about 30 minutes of prep time, and then you are set for the whole week! Most fast food breakfast sandwiches, even if they are listed as healthy, can still have high amounts of sodium. Making your own breakfast sandwich gives you the option to prepare it exactly to your tastes. It also can save lots of money over time! You can keep these in the freezer, & to fix one simply pop it in the microwave for 1 minute 30 seconds. You can easily switch up the flavors by adding chopped veggies & different seasonings.

Breakfast Sandwiches To Go

- English muffins (whole grain gluten free or whole wheat), or whatever whole grain bread you prefer
- Eggs
- Sliced low-fat cheese
- Cooking spray
- Parchment paper or zip-top sandwich bags



- ⇒ Crack one egg into each of the sprayed muffin holes of a muffin tin, and sprinkle with salt and pepper. Scramble with a fork. Bake at 400 for 9 minutes.
- ⇒ Take toasted or un-toasted bread, place 1 egg on top, and then top with a slice of cheese.
- ⇒ Wrap each sandwich up in the parchment paper or zip-top sandwich bags and place in the freezer until you're ready to eat one! You can make as many or as few as you like at a time - making enough for a whole week means you only have to prep breakfast once a week!

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

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