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## Resources for Healthy Cooking on a Budget

### Class Inspiration:

#### **Cooking with California Foods**

Published by the Center for Ecoliteracy

Free downloads available in both English and Spanish at

<https://www.ecoliteracy.org/download/cooking-california-food-k-12-schools>

### Class Recipe Sources:

- Nadel, Jessica. **Greens 24/7**. New York, NY: Quantum Publishing, 2014.
- Moosewood Collective. **Moosewood Restaurant Low-Fat Favorites**. New York, NY: Clarkson Potter, 1996.
- Rosengarten, D., J. Dean, and G. DeLuca. **The Dean and DeLuca Cookbook**. London: Ebury, 1997.
- Jaffrey, Madhur. **At Home with Madhur Jaffrey**. New York, NY: Alfred A. Knopf, 2010.

### Tips for Time-Effective Cooking and Eating

- Cook extra portions that can be frozen
- Soak dried beans overnight before cooking to reduce cooking time
- Plan and prep meals ahead of time and reheat leftovers throughout the week
- Repurpose leftovers (e.g. shred leftover chicken for use in soups, salads, or burritos)
- Pack leftovers for lunch

### Tips for Cost-Effective Cooking

- Prepare and cook your own foods rather than buying prepared items or eating out
- Buy fruits and vegetables when they are in season—consider buying extra to freeze for year-round use
- Healthy foods that tend to be less expensive:
  - Fruit: bananas, raisins
  - Vegetables: Broccoli, collards, carrots, cabbage, onions, squash, sweet potatoes
  - Protein: Beans (kidney, black, pinto), lentils, black-eyed peas, eggs, peanuts
- Avoid discarding edible parts of vegetables
- Plant a vegetable or herb garden
- Keep an organized fridge to avoid waste
- Eat less meat (vegetarian proteins, such as beans, are much cheaper)

- Consider using meat as an ingredient rather than the focal point of a meal
- Buy generic rather than name brands
- Buy in bulk when available (Andy's Market is a great source for beans, grains etc.)
- Buy larger sizes of items that will keep (but be sure to compare the price per ounce)
- Consider planning meals around a central ingredient that is currently on sale
- Use coupons wisely on healthy items and necessary staples

### Additional Resources for Cost-Effective Cooking **Good Food on a Tight Budget**

Produced by the Environmental Working Group

Lists of budget-friendly foods, shopping tips, and recipes

<http://www.ewg.org/goodfood/index.php>

### **Healthy Eating on a Budget**

Produced by MyPlate, an initiative of the USDA

Shopping tips, sample meal plans, time-saving suggestions

<https://www.choosemyplate.gov/budget>

### **SNAP Gardens**

Tips for gardening with seeds purchased from SNAP

<http://www.snapgardens.org/snap-participant/>

### **Dirty Dozen**

Produced by the Environmental Working Group

Prioritize what foods to buy organic

<https://www.ewg.org/foodnews/index.php>

### **Walla Walla Valley Farm Map**

Produced by the Daily Market Cooperative

Seasonal produce guide with descriptions of local farms

[http://www.wallawalla.org/wp-content/uploads/2015/06/FarmMap2015\\_TWOnline.pdf](http://www.wallawalla.org/wp-content/uploads/2015/06/FarmMap2015_TWOnline.pdf)

### **10 Smart Tips for Eating Healthy on a Super Tight Budget**

The Kitchn

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