

LET'S GET STARTED

Who says healthy eating has to be expensive? In this section, we offer advice for eating well without breaking the bank! If you follow our tips for being a savvy shopper, try to eat seasonally, and replace some of your meat with bean-based recipes, then you and your wallet are sure to come out winners! And why are we emphasizing beans? They are a delicious, affordable, and versatile protein source that can help you maintain a healthy weight and even decrease your risk for diabetes, heart disease, colorectal cancer, and other diseases! So check out our bean cooking chart, then dive into the delightful bean-based recipes that follow!

12 Tips for Grocery Shopping on a Budget

- 1. MAKE A LIST BEFORE YOU GO.** Write down what you need to buy before your trip to the store. This will help stop you from over shopping or purchasing items you do not need.
- 2. DO NOT SHOP ON AN EMPTY STOMACH.** Avoid going to the store when you are hungry or before a meal. Your cravings for food can lead you to make unhealthy purchases and buy more than you need.
- 3. KEEP QUANTITY IN MIND.** Beware of “Buy One Get One” sales and bulk buying. While the sale price is great, you may end up wasting some of the food, especially if the item is perishable. Consider how much your family will realistically use before buying. These deals are most useful for non-perishables and household items like toiletries.
- 4. SHOP WITH THE SEASON.** Each season brings different quality of produce to the stores. Typically when a fruit or veggie is in season, the item not only tastes better, but is also less expensive.
- 5. NOT ALL STORE BRANDS ARE COMPARABLE.** Even though different brands of food may be produced in the same warehouse, they are not always the same recipe. If you have a preferred item, try to buy it in bulk when it's on sale to save money long term.



- 6. SHOP AT A SMALL STORE.** The German chain, Aldi, is growing nationwide. They carry significantly fewer products and brands than the average grocery store, but this keeps the prices noticeably lower.
- 7. JOIN THE REWARDS PROGRAMS.** Both Meijer and Kroger offer free savings cards that give you access to additional sale prices on items in the store and discounts at their gas stations.
- 8. KEEP AN EYE ON COUPONS.** Stores still publish their weekly sales on their website and in newspaper coupons. Allow the sale items to help build your meal plan for the week or dictate what you purchase.
- 9. HIT UP THE FROZEN FOOD AISLE.** If you want to buy in bulk for perishable items, consider getting your whole foods in the freezer section. It can be cheaper to buy a few pounds of chicken breasts or cubed fruits and veggies in frozen form; just plan time to defrost them before you start cooking.

10. TAKE ADVANTAGE OF TECHNOLOGY. If you have a busy schedule or are known for buying more than you need, consider using a shopping app or a store's website to utilize a shopping service. For a small fee or for free, an employee will do the shopping for you. All you have to do is make your online grocery list and pick up your bags at the store!



11. PUT IN THE ELBOW GREASE. While most stores offer pre-cut or pre-washed food, it is typically cheaper to buy the fruits and veggies whole. This is also true with meat, where a pound of ground beef is typically cheaper than purchasing pre-seasoned and shaped hamburgers.

12. DO THE MATH. While the price of a product increases with the quantity, it is important to look at the unit price of the item. Some stores may list this price per ounce, pound, or other unit on the bottom left of the shelf's label. This will allow you to determine which products give you the most for your money. Buying larger quantity items with lower unit prices can save you money (as long as you are not buying more than your family can use).

DID YOU KNOW?

To calculate the unit price of an item, take the total price of the item divided by its weight or volume. For example, take the cost of your cereal from the sign and divide it by the amount in the box, which is typically found on the bottom of the front of the box.

How to Cook Different Beans



BLACK BEANS

SOAKING TIME: Overnight
SIMMERING TIME: 45 minutes - 1 hour
INSTANT POT TIME: 6-8 minutes



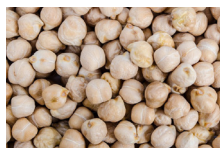
BLACK-EYE PEAS

SOAKING TIME: Overnight
SIMMERING TIME: 45 minutes - 1 hour
INSTANT POT TIME: 4-5 minutes



CANNELLINI BEANS/WHITE BEANS

SOAKING TIME: Overnight
SIMMERING TIME: 20-30 minutes
INSTANT POT TIME: 8-10 minutes



GARBANZO BEANS/CHICK PEAS

SOAKING TIME: Overnight
SIMMERING TIME: 1 1/2 hours - 2 hours
INSTANT POT TIME: 10-15 minutes



KIDNEY BEANS

SOAKING TIME: Overnight
SIMMERING TIME: 1 1/2 hours - 2 hours
INSTANT POT TIME: 8-10 minutes



LENTIL BEANS - GREEN/BROWN

SOAKING TIME: None
SIMMERING TIME: 20-30 minutes
INSTANT POT TIME: 10-12 minutes



LIMA BEANS

SOAKING TIME: Overnight
SIMMERING TIME: 1 hour - 1 1/2 hours
INSTANT POT TIME: 8-10 minutes



PINTO BEANS

SOAKING TIME: Overnight
SIMMERING TIME: 1 hour - 1 1/2 hours
INSTANT POT TIME: 8-10 minutes



SPLIT PEAS

SOAKING TIME: None
SIMMERING TIME: 35-45 minutes
INSTANT POT TIME: 6-10 minutes