

Eating Healthy on a Budget

Most students have the misconception that healthy eating is expensive, but purchasing most of your foods and snacks at the grocery store (instead of eating out) can be a great way to save money!

Ways to save:

- Choose canned items if you have limited refrigerator space
- Generic or grocery store brand items are less expensive (cereal, rice, pasta, etc.) and often taste the same
- Purchasing canned meats or fresh meats on sale can be another way to save
- Look for grocery store specials for lower cost milk, eggs, yogurt and other dairy items
- Beware of enticing supplements such as protein powders and mega-vitamins that may do little for your health, but will instead put a dent in your wallet
- Diversify your shopping by purchasing household cleaning items and toiletries (paper towels, bleach, bathroom tissue, etc.) at wholesale stores
- Eat before you go, stick to your list, and be cautious of enticing items at the check-out counter

So How Much Can I Save?

\$13.50 per serving

Lasagna Classico from Olive Garden

Layers of pasta, meat sauce and mozzarella, ricotta, parmesan and romano cheese. Our meat sauce is made with pan-seared beef and Italian sausage.

-OR-

\$2.48-\$3.31 per serving!

Lasagna "Original" made by YOU!

Winn-Dixie enriched lasagna noodles	\$1.99
Winn-Dixie Garlic, Onion & Tomato Pasta Sauce	\$2.09
Winn-Dixie Fat-Free Ricotta Cheese	\$2.59
Winn-Dixie Grated Parmesan/Romano cheese	\$2.99
Winn-Dixie Part-Skim shredded mozzarella cheese	\$3.59
ButterBall Ground Turkey (to brown & add to sauce)	\$4.00
	<hr/>
	\$19.84

**** BUT**, this will make 6-8 servings. → $\$19.84/6 \text{ or } 8 = \$2.48\text{-}\$3.31/\text{serving}$. This leaves plenty of room in the budget to add an appetizer, salad, and/or dessert.

Plus - you can get creative and add whatever herbs, spices, or veggies you like! Cooking at home can be fun and gratifying, while often tasting better than restaurant-prepared meals. (And you know exactly what you're eating!)

