

## Healthy Eating

### What is healthy eating?

Eating different fruits, vegetables, bread, grains, meat, other protein foods, and dairy or dairy alternatives.<sup>1,2</sup>



### Why is healthy eating important for all ages?

Healthy eating lets you reach and maintain a healthy weight. Keeping a healthy weight may allow you to live longer because your odds of infection, heart disease, diabetes, and some cancers are lower. If you have a chronic disease, healthy eating can help you manage your condition and prevent problems. Your digestive system may also work better.<sup>3</sup>

### Eating healthy is expensive; is it possible to eat healthy on a budget?<sup>4</sup>

Yes. Tips for eating healthy on a budget are:

1. Plan your recipes for cooking at home.
2. Do your shopping with a list to buy only what you need.
3. Buy frozen or canned fruits (packed in water) and vegetables. These can be healthy alternatives to fresh fruits and vegetables.
4. Shop products that are on sale and use coupons.
5. Buy generic or store brands.
6. If you can, grow a garden for your fruits and vegetables.



### What if I, or someone I know, need help buying food?

Many communities have programs and services to help you get or buy food.

1. **Neighborhood Navigator**<sup>5</sup> lists community resources on many subjects searched by zip code. The information can also be changed into many languages.
2. **Supplemental Nutrition Assistance Program (SNAP)** provides benefits for low-income families to buy healthy food.<sup>6</sup>
3. **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)** provides additional food, health care referrals, and food education to low-income pregnant, breastfeeding, and non-breastfeeding women following childbirth, infants, and children up to age 5 who are found to be at risk of going hungry.<sup>7</sup>
4. **Meals on Wheels Program** delivers healthy meals to seniors so they can live their lives with independence and dignity. Visits and safety checks are also part of the program.<sup>8</sup>

5. **Seniors Farmers' Market Nutrition Program (SFMNP)** provides low-income seniors access to locally grown fruits, vegetables, honey, and herbs.<sup>9</sup>
6. **Commodity Supplemental Food Program (CSFP)** provides a variety of food such as dry milk, juice, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables to low-income people at least 60 years of age.<sup>10</sup> Download a list of foods available.<sup>11</sup>
7. **Food Banks, Pantries, and Other Hunger Relief Organizations**  
Neighborhood Navigator<sup>5</sup> provides access to find food banks, pantries, and other hunger relief organizations in your area.

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## Eating Healthy and Budget-Friendly Recipes Websites

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1. **MyPlate App** provides access to finding savings in your area and discovering new ways to prepare budget-friendly foods.<sup>12</sup>
2. **19 Clever Ways to Eat Healthy on a Tight Budget**<sup>13</sup> provides tips that can help you eat healthier when on a budget.
3. **Eating Healthy on a Budget** provides tips for making healthy food choices when money is tight, specifically for those with heart disease and Type 2 Diabetes.<sup>14</sup>
4. **Twelve strategies for eating well on a budget** include recipes for veggie burgers, homemade chicken nuggets, three-bean chili, and other recipes for cooking at home.<sup>15</sup> *Home Cooking* is just one of the twelve strategies.<sup>16</sup>

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<sup>1</sup>Centers for Disease Control and Prevention (CDC) – Nutrition: <https://www.cdc.gov/nutrition/about-nutrition/why-it-matters.html>

<sup>2</sup>US Department of Agriculture – MyPlate: <https://www.myplate.gov/eat-healthy/what-is-myplate>

<sup>3</sup>Centers for Disease Control and Prevention (CDC) – Benefits of Healthy Eating: <https://www.cdc.gov/nutrition/resources-publications/benefits-of-healthy-eating.html>

<sup>4</sup>Centers for Disease Control and Prevention (CDC) – 6 Tips for Eating Healthy on a Budget: <https://www.cdc.gov/diabetes/healthy-eating-budget.html>

<sup>5</sup>Neighborhood Navigator: <https://navigator.aafp.org/>

<sup>6</sup>US Department of Agriculture – Supplemental Nutrition Assistance Program (SNAP) Eligibility: <https://www.fns.usda.gov/snap/recipient/eligibility>

<sup>7</sup>US Department of Agriculture – Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): Who Gets WIC and How to Apply (<https://www.fns.usda.gov/wic/who-gets-wic-and-how-apply>)

<sup>8</sup>Meals on Wheels America – Find a Meals on Wheels program in Your Area: <https://www.mealsonwheelsamerica.org/find-meals>

<sup>9</sup>US Department of Agriculture – Seniors Farmers' Market Nutrition Program (SFMNP): [https://www.fns.usda.gov/fns-contacts?f%5B0%5D=fns\\_contact\\_related\\_programs%3A31](https://www.fns.usda.gov/fns-contacts?f%5B0%5D=fns_contact_related_programs%3A31)

<sup>10</sup>US Department of Agriculture – Commodity Supplemental Food Program: [https://www.fns.usda.gov/fns-contacts?f%5B0%5D=fns\\_contact\\_related\\_programs%3A26](https://www.fns.usda.gov/fns-contacts?f%5B0%5D=fns_contact_related_programs%3A26)

<sup>11</sup>US Department of Agriculture – USDA Food Available List for CSFP: <https://www.fns.usda.gov/csfp/csfp-foods-available>

<sup>12</sup>US Department of Agriculture – Shop Simple with MyPlate App: [https://www.myplate.gov/app/shopsimple?utm\\_source=shop-simple&utm\\_medium=redirect&utm\\_campaign=desktop-redirect](https://www.myplate.gov/app/shopsimple?utm_source=shop-simple&utm_medium=redirect&utm_campaign=desktop-redirect)

<sup>13</sup>Healthline – 19 Clever Ways to Eat Healthy on a Tight Budget: <https://www.healthline.com/nutrition/19-ways-to-eat-healthy-on-a-budget#14-Buy-in-bulk>

<sup>14</sup>American Heart Association – Eating Healthy on a Budget: <https://www.heart.org/en/health-topics/diabetes/prevention--treatment-of-diabetes/how-to-eat-healthy-on-a-budget>

<sup>15</sup>Harvard School of Public Health – 12 Strategies for Eating Well on a Budget: <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>

<sup>16</sup>Harvard School of Public Health – Budget-friendly homemade recipes: <https://www.hsph.harvard.edu/nutritionsource/recipes-2/home-cooking/>