

Veggie RX



Week 8

This week we are going to cover 3 items:

1. Post Survey

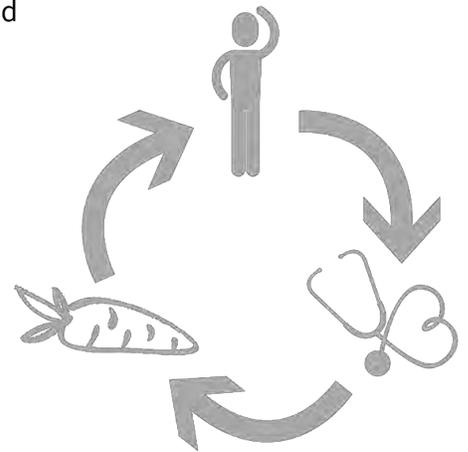
Your feedback is important! We'd like to better understand what you got out of the program and how to better meet the needs of Veggie Rx participants in the future.

2. 6 Ways to Shop Healthy on a Budget

You are encouraged to continue shopping at the Bend Farmers Market! Here's a list of shopping tips both for the market and the grocery store that can help you continue making healthy shopping choices.

3. Community Resources

A list of resources you may want to explore. Check out HDFFA's cooking classes!



Weekly goals:

- Practice helpful, budget friendly shopping tips
- Explore community resources

6 Ways to Shop Healthy on a Budget



- **Plan around Sales**

The key to smart, budget-friendly grocery shopping is to plan ahead for the week. Plan meals around fresh produce, lean proteins and healthful dairy items that are on sale to save money while eating healthy.

Check store sale flyers, and then check available coupons on the same items for additional savings. Compare national brands and private store labels for the lowest price. Use the unit price to compare cost of varying sizes of products.

- **Create a Shopping List**

Use your weekly meal plan to create a master grocery list, and stick to it. Prioritize your food dollars for nutrient-rich vegetables, fruits, lean protein and whole grains. Skip highly processed items and packaged snack foods, which can increase your total spending and fill your cart with not-so-healthy items.

- **In the Produce Section**

Shop seasonally. In season produce is at its peak flavor and is generally more abundant, so it's sold at a lower price. Frozen vegetables and fruits are comparable in nutritional quality to fresh, but check the ingredients list and avoid those that have added sugars or salt.

- **At the Meat Counter**

Purchase larger quantity of meat that is on sale, and preparing enough for two or more meals. Enjoy leftovers later in the week or freeze for future use. Plan a meatless meal several times each week, or try replacing half the meat in dishes such as chili, meatloaf or burger patties with beans or chopped vegetables. Incorporating more non-meat proteins, including beans, nuts and eggs, can be cost-effective and nutritious.

- **Grains and Dry Goods**

Whole grains and dried beans are generally inexpensive and are an easy way to get more nutrition for your buck. Stock up on these nonperishable items when on sale, or take advantage of the bulk bin to purchase only the amount you need.

- **Reduce Waste**

Once you've done your shopping, make the most of your food spending by cutting down on waste. Plan to use highly perishable items — such as fish and seafood, salad greens, berries and fresh herbs — early in the week, and save more hearty items for later in the week.

Feed Your Family Healthfully on a Low Income Budget

When resources are tight, many families must choose between paying household bills or buying food. Poor nutrition can impair health and immunity, lower productivity, and hinder development and learning.

Find Out About SNAP

The Supplemental Nutrition Assistance Program provides help for those in need. Eligible families can buy fruit, vegetables, bread, cereal, meat, fish, poultry and milk with this monthly benefit. Plus, grocery, convenience and specialty stores accept the SNAP debit card. And, some stores provide special discounts if you purchase fruits and vegetables with your SNAP card. SNAP also offers resources on stretching your food dollars.

Look into the Local Food Bank

Food banks receive surplus foods from national sources, as well as local donations from charities, church groups and individuals. Food banks are a good source for staples such as rice, pasta and canned goods.

Food Sharing

Many families and friends use informal food sharing to stretch their budgets. For gardeners and farmers, it may mean exchanging crops. Or, suburbanites might split the cost of foods bought in bulk at discount grocery stores. Another option is to exchange cooked meals once or twice a week, which also saves you meal prep time a day or two a week!

Give Your Kids a Head Start

Head Start is a program for preschoolers. Eligible 3 and 4-year old children attend Head Start to help get them ready for school. And, typically, kids can eat breakfast and lunch at this preschool program. In addition to giving your child two nutritious meals, it also helps stretch the family's food budget.

Take Advantage of School Meals

Depending on your family's income level, your child may qualify for free or reduced cost meals at school. Overall, school meal programs may provide breakfast, lunch, snacks and even dinners. And, when school isn't in session, the Summer Food Service Program provides nutritious meals to fill the void.

Learn More

Check out HDFFA's [Community Resources list](#).



Community Resources

Not enough food for your family? Need help cooking/shopping for healthy food on a budget?



- **Supplemental Nutritional Assistance Program (SNAP)**
 - You may qualify, go to 211info.org or call 211*
 - You can also check eligibility here fns.usda.gov/snap/eligibility
- **Women, Infants, and Children (WIC)**
 - You may qualify if you are pregnant or have a child under the age of 5.
Call 1-800-723-3638
- **Farmers Markets**
 - Many farmers markets accept SNAP & WIC vouchers. Learn if there's a participating market in your county: oregonfarmersmarkets.org/market-finder
- **Find Food**
 - <http://www.neighborimpact.org/services/food>
 - Food Pantries:
http://www.neighborimpact.org/Food_Pantries_2018.pdf
 - Brown Bags:
http://www.neighborimpact.org/Brown_Bags_2018.pdf
 - Meal Sites:
<http://www.neighborimpact.org/Meal-sites-2018-English.pdf>
- **Summer meals for kids**
 - summerfoodoregon.org
- **Learn to cook healthy food, get access to fresh vegetables, and shop on a budget**
 - Cooking Matters : hdffa.org/cooking-matters/
 - Seed to Supper : hdffa.org/seed-supper-2/
 - Veggie Rx : hdffa.org/veggieRx
 - Or call the High Desert Food & Farm Alliance (HDFFA) at 541-390-3572
- **Nutrition info & low cost healthy recipes**
 - foodhero.org