



Issue 4

December 2017

# School of Family & Consumer Sciences



## LIFE Center Newsletter

### LIFE Center 3015 Lumpkin Hall

For FREE  
information and  
advice

Schedule an  
appointment by  
emailing  
[life@eiu.edu](mailto:life@eiu.edu)  
during the  
following times:

#### Mondays

2:00pm-4:00pm

#### Tuesdays

12:00pm-4:00pm

#### Thursdays

10:00am-12:00pm

Make sure to  
include the topic  
you'd like to  
discuss in the  
email!

### Healthy Doesn't Have to Be Hard... Or Expensive (just takes a little budgeting and planning)

The holidays are often a time where people over indulge on all the yummy treats and over spend on all their loved ones. However, this doesn't have to be the case! With the New Year just weeks away many people are thinking about how to make their 2018 healthier and happier—and eating habits and lifestyle choices are often the first to be revamped.

Here are some useful tips and tricks for healthy eating on a budget through the holidays and even carry over into the new year!

1. **Plan ahead!** Meal plan, make grocery lists, shop on a mission. When planning, account for servings, leftovers, and when you're going to have the meal. Planning is the single most effective way to save money!
2. **Look for sales!** See if stores will price match.
3. **Stick to your grocery list.** Once you've planned your meals, make a list and stick to it. Avoid getting side tracked and shopping will be hungry!

4. *Shop the perimeter of the store.* All of the fresh fruits and vegetables, dairy, and meats are found on the outskirts of the store, and these are items you should fill your cart with! The processed foods are in the center aisles of the grocery stores.
5. *Buy whole foods.* Foods are typically cheaper in their whole, less processed forms (ex: buying a block of cheese and grating it yourself is a lot cheaper than buying pre-shredded cheese). Convenience foods and pre-prepared foods are also more expensive.
6. *Buy generic when possible.* There is a generic version to almost all products. While most generic brands and name brands are the same, always read the ingredients labels to be sure!
7. *Shop in season!* When shopping for 1 person, food can often go bad before you can eat it all. Produce can definitely be expensive. Shopping in season will ensure fresh produce and inexpensive options!
8. *Frozen is an option, too!* Many options in the produce section are only in season a few months of the year. Frozen fruits and veggies are frozen at peak freshness and quality! Frozen options are often much cheaper (there's a generic brand as well!!). Frozen also prevents spoiling which will save you money in the long run!
9. *Cook in bulk and save leftovers.* Cooking larger meals can save you money and time throughout the week. Prepare meals that have 3-4 servings, portion them out into servings, and freeze!
10. *Opt for low cost superfoods.* Choose foods like oatmeal, eggs, peanut butter, and apples that are usually very inexpensive but are filling and nutritious!

There you have it folks! 10 easy tips to a healthier, more cost-effective you! My office hours will be different in the Spring so look out for those.

I hope everyone has a great break and holiday season! Enjoy!!