



Tips on

## Coping With Economic Insecurity: Healthy Eating



A nutritious, well-balanced diet improves your capacity to handle stress and is critical to children's health, development, and success in school. And healthier choices don't necessarily mean more expensive choices.

### Adopt money-saving strategies

- Take food and water with you when you go out to avoid buying fast food, drinks, or snacks.
- You are already paying for the water in your home, so instead of bottled water, drink water from your tap. Use a filter if you need to.
- Cook at home; it is cheaper than going out. Instead of purchasing pre-cut or pre-cooked food, do the prep work yourself.
- Clip coupons and look for sales.
- Avoid impulse buying at the grocery store by planning a weekly menu and making a shopping list.
- Grow your own produce. One tomato plant might cost \$2.50, but it will give you \$20 worth of tomatoes and they will be more nutritious than tomatoes that are grown far away.
- Buy in bulk. If the bulk packages are too much for you to use, share the contents and the cost with friends, neighbors, or relatives.



### Get more nutrition from the same dollar

- If you can't buy fresh, buy frozen. Frozen fruits and vegetables tend to have more nutrition than canned produce.
- Replace processed grains with whole grains and white rice with brown.
- Replace cookies that have cream, which is high in fat, with lower fat choices like animal crackers.
- Eat whole fruit instead of juice. The fiber in the fruit makes you feel more satisfied.
- Drink water instead of high calorie drinks. If you provide juice to your toddlers, dilute it to reduce the sugar and calories.
- Snack on lower fat tortilla chips instead of potato chips.



Eating poorly has long term consequences, especially for children. If these ideas don't provide enough help, determine your eligibility for social services, or seek help from community organizations or religious institutions.

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