

Eat Better Pay Less

with your Hy-Vee dietitian

#LIV25 | @AdventHealthKC

Objectives

- Learn strategies to:
 - Plan quick, nutritious, low-cost meals and snacks
 - Shop smarter
 - Compare products for the best value



Make a Plan



- Get good at meal planning.
- Prep ingredients.
- Need help? Reach out to a Hy-Vee dietitian



Cook at Home

- Spaghetti with marinara sauce and grilled chicken and side salad
 - @ restaurant = \$14.78 per serving

Item	Price	Price per serving
Chicken breast (1 lb)	\$7.99	\$1.99
Spaghetti noodles (16 oz)	\$1.28	\$0.32
Marinara sauce (24 oz)	\$2.79	\$0.70
Bagged salad kit	\$4.49	\$1.12
TOTAL:	\$16.55	\$4.14

Pack a Lunch

- Average sub sandwich meal - \$10

Item	Price	Price/Unit
Bread	\$2.19 (24 slices)	\$0.09/slice
Deli turkey	\$7.99/lb	\$0.50/ounce
Sliced cheese	\$2.79 (10 slices)	\$0.28/slice
Chips	\$6.98 (pack of 18)	\$0.39/bag
Bottled water	\$3.99 (24 bottles)	\$0.17/bottle
	TOTAL:	\$2.02

Use Up Leftovers

- Incorporate leftovers into your meal plan.
- Eat the same dish two nights in a row.
- Repurpose ingredients.
 - Rotisserie chicken
 - Roasted vegetables
 - Meat



Make Once, Eat Twice

- Dinner tonight:
 - Rotisserie chicken
 - Steamed vegetables
 - Roasted potatoes
- Lunch tomorrow:
 - Chicken salad and whole-wheat crackers



Make Once, Eat Twice

- Dinner tonight:
 - Lean steak
 - Roasted vegetables
 - Baked potato
- Lunch tomorrow:
 - Steak salad



Rethink Meat

- Rethink how you use meat.
- Replace meat with other proteins.
- Blend.



Take Inventory

- Review inventory.
 - Pantry
 - Spice rack/drawer
 - Freezer
 - Fridge
- Keep list on your phone or hang on the fridge.
- Update often.



Make a Plan for Produce



- Plan out your produce.
 - Use fresh first, then frozen or canned.
 - All forms are equally nutritious.
- Vegetables
 - No-salt-added
- Fruit
 - Unsweetened
 - 100% juice or light syrup



Check the Sales

- Check weekly ads.
- Plan meals using sale ingredients.
 - Collect the ads.
 - Create a basic grocery list that focuses on the weekly sale items.
 - Create meals using those sale items.



Make a List

- Make a shopping list.
- Organize list by store layout.
- Shop basics first.

Grocery List	
PRODUCE	FROZEN
<input type="checkbox"/> spinach	<input type="checkbox"/> green beans
<input type="checkbox"/> potatoes	<input type="checkbox"/> broccoli
<input type="checkbox"/> apples	<input type="checkbox"/> strawberries
<input type="checkbox"/> bananas	PANTRY
<input type="checkbox"/> carrots	<input type="checkbox"/> olive oil
MEAT	<input type="checkbox"/> pasta
<input type="checkbox"/> chicken	<input type="checkbox"/> black beans
<input type="checkbox"/> lean ground beef	<input type="checkbox"/> black pepper
<input type="checkbox"/> ground turkey	<input type="checkbox"/> salt
DAIRY	<input type="checkbox"/> cereal
<input type="checkbox"/> milk	<input type="checkbox"/> taco shells
<input type="checkbox"/> Greek yogurt	<input type="checkbox"/> brown rice
<input type="checkbox"/> string cheese	<input type="checkbox"/> pasta sauce





Start with the Basics

- Frozen vegetables
- Head lettuce & spinach
- Potatoes
- Oatmeal
- Pasta
- Brown rice
- Whole-wheat bread
- Eggs
- Canned beans
- Peanut butter
- Canned tuna



Shop Smarter



Stock Up

- Stock up on sales.
 - Dry pasta
 - Canned veggies
 - Frozen veggies
- Freeze fresh meat.
 - Wrap properly
 - Date



Smart Shopping Tips

- Stick to your list.
- Don't shop when hungry.
- Use a smaller cart.



Aisles Online

- Shop online using Aisles Online.
 - Shop necessities.
 - Decrease impulse buys.
 - Track your total as you shop.
 - Create grocery lists.



Compare Products



Unit Pricing

	Item Price	Unit Price
Hy-Vee Tostitos (12 oz)	\$2.99	\$0.25
Cheerios (10.8 oz)	\$3.39	\$0.31
Cheerios (19.5 oz)	\$4.49	\$0.23
Cheerios (27.2 oz)	\$4.99	\$0.18
Cheerios (32 oz bag)	\$5.98	\$0.19



Private Label Brands

Item	Brand Name	Private Label Brand
Wheat Thins (8 oz)	\$3.49	\$2.59
Peanut butter (40 oz)	\$6.39	\$5.99
Jelly (32 oz)	\$2.99	\$2.39
Skim milk (1 gallon)	\$4.19	\$3.89
Canned green beans (14.5 oz)	\$1.29	\$0.88
Greek yogurt (32 oz)	\$6.29	\$5.69
Cottage cheese	\$4.89	\$2.99
	TOTAL: \$29.53	\$24.42



Private Label Brands

Item	Brand Name	Private Label Brand
Chicken breast (1 lb)	\$7.99	\$3.99
Spaghetti noodles (16 oz)	\$1.28	\$1.18
Marinara sauce (24 oz)	\$2.79	\$1.58
Bagged salad kit	\$4.49	\$3.99
TOTAL:	\$16.55	\$10.74



Purchase Whole Foods

Item	Whole Food	Ready-to-Eat
Carrots (1 pound)	\$0.77	\$5.99
Onion (per pound)	\$1.49	\$6.99
Grapes (per pound)	\$2.99	\$6.99



Think Twice about Convenience Products

Item	Price	Price per Ounce
9 lunch packs (9 oz. total)	\$5.49	\$0.61
6.6 oz. bag	\$2.49	\$0.38
	DIFFERENCE:	\$0.23



Putting It All Together

- Planning is half the battle.
- Shop smarter ... not harder.
- Small savings add up.
- Do what works best for you.





*Thank you for joining
me!*

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