

PLAN IT



Get inspired!

- Pick three recipes you know and like.
- Check out recipes created by students for students in One Balanced Kitchen. shcs.ucdavis.edu/one-balanced-kitchen
- Shop your pantry first. Use foods that will go bad first.
- Make a grocery list. Write down the additional food you need to make your meals.

One **Balanced Kitchen**

SHOP IT

Head to the grocery store with your list!

- Shop happy! Grab a snack before heading to the store.
- Shop the sales! Save money by checking for in-store deals.
- Shop the perimeter of the grocery store.
- Shop your list. Limit impulse purchases.



COOK IT

Cook up some fun and set the mood



- Fruits and veggies: Wash them, chop them, put them in a bag. Prepare what you bought to make it easier to use when you need it.
- Cook extra to have leftovers for other meals.
- Want to learn to improve your cooking skills? Sign up for a free Teaching Kitchen cooking class. shcs.ucdavis.edu/services/nutrition-services/teaching-kitchen



Visit Aggie Food Connection for resources to help you stretch your food budget.
foodconnection.ucdavis.edu/



Buying fresh?
Look for deals on local in-season produce.



Buying canned?
Look for low sodium.



Buying frozen?
Look for no additional seasonings.

EAT IT

