

*College Students
Survival Guide
To
Healthy Eating
On A*

Budget



TABLE OF CONTENTS

Healthy Eating.....	3
Nutrition 101.....	4
Staple Foods.....	7
Where To Buy.....	8
At The Store.....	10
Shopping List.....	11
Seasonal Produce Guide.....	13
Meal Planning.....	14
Shopping Tips.....	16
Flexible Meals.....	17
Recipe Resources.....	18
References.....	19



WHAT IS HEALTHY EATING:

There is more to healthy eating than just consuming a simple salad or vegetables, as one may think. To be considered as healthy eating, this is where one is eating a variety of foods which ultimately gives the nutrients that are needed to maintain energy, general health, and overall feeling good. Such nutrients include carbohydrates, protein, fruit, vegetables, grains, dairy, water, fat, minerals, and vitamins.

Being a college student, getting access to the right nutritious foods seems almost, impossible as most do not all are on strict budget. College students have other things to worry about rather than fueling their bodies with nutritious foods. Especially when there's cheap and quick food out there. Such foods include: ramen noodles, instant potatoes, Mac & cheese, frozen dinners, already prepared foods, etc.

So what can you do to help yourself?

NUTRITON 101⁽¹⁾:

Explore the food groups



Fruit:

Fruit consumed can be any fruit or any fruit juice that is 100%. Fruits can be fresh, frozen, canned and, dried in any kind of style (whole, cut-up, or pureed).

physically active individuals may need more

Women	19-30 yrs → 2 Cups 31-50 yrs → 1 1/2 Cups
Men	19-30 yrs → 2 Cups 31-50 yrs → 2 Cups

Vegetables:

Any Vegetable or any juice that is 100% vegetable juice fits into this group. Vegetables can be consumed either raw or cooked and consist of fresh, frozen, canned, or dehydrated/dried vegetables. Vegetables can be broken down into 5 subgroups: dark-green, starchy, red and orange, beans and peas, and other vegetables.

Physically active individuals may need more

Women	19-30 yrs → 2 1/2 Cups 31-50 yrs → 2 1/2 Cups
Men	19-30 yrs → 3 Cups 31-50 yrs → 3 Cups

Grains:

Grains consist of any foods that are made from a cereal grain such as; wheat, rice, oats, cornmeal, and barely. There are 2 subgroups within grains: whole grains and refined grains. Whole grains are those that contain the entire grain kernel; whereas, refined they have been milled. Half of the grains you consume should be whole grains!

Physically active individuals may need more

Women	19-30 yrs → 6 oz → 3 oz 31-50 yrs → 6 oz → 3 oz
Men	19-30 yrs → 8 oz → 4 oz 31-50 yrs → 7 oz → 3 1/2 oz

Whole Grain

Dairy:

Foods which fulfill the dairy group are any fluid milk products as well as many foods that are made from milk that retain their calcium content. Calcium-fortified soy-milk is also included in the dairy group.

Physically active individuals may need more

Women	19-30 yrs → 3 cups 31-50 yrs → 3 Cups
Men	19-30 yrs → 3 Cups 31-50 yrs → 3 Cups

Proteins:

Any food that is made from poultry, meat, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are a part of the protein group. Beans and peas are a unique group as they are also a part of the vegetable group.

Physically active individuals may need more

Women	19-30 yrs → 5 1/2 oz 31-50 yrs → 5 oz
Men	19-30 yrs → 6 1/2 oz 31- 50 yrs → 6 oz

Micronutrients (2)

~ Vitamins And Minerals ~

Micronutrients are not produced within the body and **MUST** be obtained from your diet or supplements (Vitamin D is an exception). Micronutrients can be divided into four groups: water-soluble vitamins, fat-soluble vitamins, macro-minerals, and trace minerals.

Water-Soluble Vitamins:

These are vitamins which dissolve in water and are not easily stored in your body. Therefore, you flush them out via urine when consumed in excess amounts.

★ B Vitamins and Vitamin C ★

Fat-Soluble Vitamins:

These are vitamins in which do not dissolve in water and are best absorbed when consumed accompanied by a source of fat.

★ Vitamins A,D,E and K ★

Macro-Minerals:

Minerals in which you need in larger amounts.

★ Calcium, phosphorus, magnesium, sodium, chloride, potassium, and sulfur ★

Trace Minerals:

Minerals in which you need in smaller amounts compared to macro-minerals. Even though they are needed in smaller amounts they are still important for functions in your body.

★ Iron, manganese, copper, zinc, iodine, fluoride, and selenium ★

For more in depth information and recommended doses see reference (2)

STAPLE FOODS:

So what foods are cheap and affordable that cover all the nutrients needed? Of course there is more out there, but here's a good start!

Pantry Staples (3)

- Brown Rice
- Whole-Wheat or Multigrain Pasta
- 100% Whole-Wheat Bread
- Old-Fashioned Oats
- Canned Beans/lentils
- Canned/Jarred Marinara Sauce
- Canned fruit
- Canned Vegetables
- Jelly
- Canned Tomatoes
- Cereal

Condiments (4)

- Olive Oil
- Assortment of Spices
- Soy Sauce
- Chicken or Beef Bouillon Cubes
- Ketchup
- Mustard
- Ranch
- Mayonnaise

Proteins (5)

- Eggs
- Edamame
- Canned Chicken
- Canned Tuna
- Meat (turkey, beef, chicken)

Dairy

- Milk
- Cheese (block/shred yourself)
- Non-fat Plain Yogurt
- Butter
- Cottage Cheese

Produce (4)

- Fruits
- Vegetables (frozen/steam-able)
- Root Vegetables
- Garlic
- Potatoes
- Onion

WHERE TO BUY:



Are you new to Laramie or just don't know where to get the best bang for your buck? Here are some local stores!

Walmart Supercenter

4308 Grand Ave

Dollar General

2158 Snowy Range Rd

Dollar Tree

4037 Grand Ave Ste B

Ridley's Family Markets

3112 Grand Ave

Safeway

554 N 3rd St

Big Hollow Food Co-op

112 S 2nd St

Kum & go

569 N 3rd St



If you are a student who needs extra help, Laramie offers many resources available to help assist you.



UWyo Share Pantry

Located: University of Wyoming, Knight Hall, Room 106

<http://www.uwyo.edu/dos/student-resources/food-pantry.html>

Laramie Interfaith

Located: 712 Canby

<https://www.laramieinterfaith.org>

Feeding Laramie Valley

Located: 968 N 9th St.

<https://www.feedinglaramievalley.org>

Laramie Soup Kitchen

Located: Lower-level of St. Matthew's Episcopal Cathedral

<https://www.laramiesoupkitchen.org>

Need Help with Transportation?

LaramieLink & LaramieLink Dial-A-Ride

Phone: 307-766-RIDE (7433)

Or

App: TransLoc

Stop Locations:

Anywhere on UW campus, Downtown, Laramie Interfaith, Gateway Plaza, Civic Center, Wyoming Union, Visual Arts, East Express Lot, Spanish Walk Apartments, Ridley's, LCCC, and Wal-mart.

<http://www.uwyo.edu/tps/transit/index.html#LaramieLink>



• WORKING TOGETHER TO •
NOURISH OUR CAMPUS COMMUNITY

UW FOOD SHARE PANTRY

This Food Pantry was made possible through a collaboration with the following campus and community partners:



HOURS:

MONDAY	4:00 PM - 7:00 PM
THURSDAY	4:00 PM - 7:00 PM
SATURDAY	10:00 AM - 12:00 PM

For more information visit:
uwyo.edu/foodsharepantry



LARAMIELINK

DIAL-A-RIDE

M-F 6:30 p.m. - 2:00 a.m.
Weekends 10:00 a.m. - 10:00 p.m.



Pick-up and drop-off at all established LaramieLink stops and UW campus.

You can request a ride through the TransLoc App or Call 766-RIDE (7433)

AT THE STORE (6):

Shopping for groceries can be stressful, especially when you have a tight budget. Here are some helpful tips to make your trip at the grocery store a little less stressful.

Before You Shop:

Plan and Save.

Make a shopping list (pg.1 1) and meal plane before you go, that way you know what you need, as well as you don't buy unnecessary items. Try to stick to only going to the store once a week. Buy foods that you can use in multiple meals for the week.

(see meal planning for more details pg.1 4)

While Shopping:

Fruits and Vegetables.

Buy produce when they are in season, as their price will drop as well as they will taste better.

(See produce guide)

Stock up.

Watch out for deals! Buy extra when items are on sale! Buy foods that will last long

(beans, rice, canned goods, and frozen foods, etc).

Compare Labels:

Compare two items which fit within your budget and read the nutrition label to see which is healthier. Look at saturated fat, trans fat, sodium and sugar amounts.

Expert Tip:

\$25 broken down

\$6 for vegetables	\$4-5 for proteins
\$5 for fruits	\$4 for dairy
\$4 for grains	\$1-2 for oils and other foods



SHOPPING LIST (7):



The image shows a decorative grocery shopping list template. At the top, the title "GROCERY SHOPPING LIST" is written in red, bold, uppercase letters, centered within a decorative border of green leaves and small red flowers. Below the title, the list is organized into several sections, each with a heading in a cursive font and a corresponding list of items with checkboxes.

Meal Ideas

① _____	④ _____
② _____	⑤ _____
③ _____	⑥ _____

Fruits/Vegetables

<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____

Dairy

<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____

Meat/Protein

<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____

Frozen Food

<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____

Fats

<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____

Canned Items

<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____

Carbs/Starches

<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____

Other

<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____
<input type="checkbox"/> _____

SHOPPING LIST (8):

MEALS

Breakfast
MON
TUE
WED
THU
FRI
SAT
SUN

Lunch
MON
TUE
WED
THU
FRI
SAT
SUN

Dinner
MON
TUE
WED
THU
FRI
SAT
SUN

GROCERY LIST

Important

- ☆ _____
- ☆ _____
- ☆ _____
- ☆ _____

Breakfast

- _____
- _____
- _____
- _____

Pasta / Rice

- _____
- _____
- _____
- _____

Sauces / Condiments / Spices

- _____
- _____
- _____
- _____

Personal

- _____
- _____
- _____
- _____

Produce

- _____
- _____
- _____
- _____

Meat

- _____
- _____
- _____
- _____

Canned

- _____
- _____
- _____
- _____

Drinks

- _____
- _____
- _____
- _____

Paper / Plastic

- _____
- _____
- _____
- _____

Bread / Bakery

- _____
- _____
- _____
- _____

Dairy / Frozen

- _____
- _____
- _____
- _____

Dry / Baking

- _____
- _____
- _____
- _____

Snacks

- _____
- _____
- _____
- _____

Household

- _____
- _____
- _____
- _____

SEASONAL PRODUCE GUIDE



Fall

- Apples
- Bananas
- Beets
- Bell Peppers Broccoli
- Brussels sprouts
- Cabbage
- Carrots Cauliflower
- Celery
- Collard Greens
- Cranberries
- Garlic
- Ginger
- Green Beans/Beans
- Kale
- Lettuce
- Mangoes
- Mushrooms
- Onions and Leeks
- Parsnips
- Peas
- Pears
- Pineapple
- Potatoes
- Raspberries
- Spinach
- Sweet Potatoes & Yams
- Turnips
- Winter Squash



Winter

- Apples
- Brussels sprouts
- Bannans
- Beets
- Cabbage
- Carrots
- Celery
- Grapefruit
- Kale
- Lemons
- Onions and Leeks
- Oranges
- Parsnips
- Pineapple
- Pears
- Potatoes
- Rutabagas
- Sweet Potatoes & Yams
- Turnips
- Winter Squash



Spring

- Apples
- Apricots
- Asparagus
- Banana
- Broccoli
- Cabbage
- Carrots
- Celery
- Collard Greens
- Garlic
- Lettuce
- Mushrooms
- Onions and Leeks
- Peas
- Pineapple
- Radishes
- Rhubarb
- Spinach
- Strawberries
- Swiss chard
- Turnips



Summer

- Apples
- Apricots
- Bananas
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Carrots
- Cantaloupe/Muskmelons
- Celery
- Cherries
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Garlic
- Green Beans/Beans
- Honeydew Melon
- Kiwi
- Lima Beans
- Mangoes
- Nectarines
- Okra
- Peaches
- Plums
- Raspberries
- Strawberries
- Summer Squash & Zucchini
- Tomatoes
- Watermelon

MEAL PLANNING:



Why meal plan?

Meal planning is a great tool to use to save money and save yourself some time. Using meal planning will also help you to utilize the food you purchase and to use it all so that none is going to waste. Meal planning also doubles out as it will help you to create your shopping list.

So where should you start?

Start by looking through what you have within your household. Use these items to make meals/snacks out of for the week. Once you have done this, begin to make your meal plan for the week. Choose a day of the week to do your shopping, this will be the start of your new week.

 **Tip:** Start off small and only meal plan for a week! 

Making your meal plan.

Now to make your plan. Make use of all the food you plan on purchasing and implement them in many ways. Get creative!

 **Bonus:** Create meals that can have leftovers! 

MEAL PLANNING ⁽⁹⁾: Sample

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	<ul style="list-style-type: none"> • <u>Oatmeal with bananas</u> • Almonds • Milk 	<ul style="list-style-type: none"> • <u>Yogurt Parfaits</u> 	<ul style="list-style-type: none"> • Peanut butter toast • Milk 	<ul style="list-style-type: none"> • Oatmeal with raisins • Almonds • Milk 	<ul style="list-style-type: none"> • Cold Cereal • Milk • Juice 	<ul style="list-style-type: none"> • <u>Easy quiche</u> • Toast • Milk 	<ul style="list-style-type: none"> • <u>Easy quiche Leftovers</u> • Juice
SNACK	<ul style="list-style-type: none"> • Yogurt with berries 	<ul style="list-style-type: none"> • Corn bread leftovers 	<ul style="list-style-type: none"> • <u>Frozen fruit cups</u> • Graham crackers 	<ul style="list-style-type: none"> • <u>Splendid fruit salad</u> 	<ul style="list-style-type: none"> • <u>Whole grain cereal treats</u> 	<ul style="list-style-type: none"> • Raisins with cereal 	<ul style="list-style-type: none"> • <u>Whole grain cereal treats</u>
LUNCH	<ul style="list-style-type: none"> • <u>Egg salad sandwiches</u> • Carrots • Apple 	<ul style="list-style-type: none"> • <u>Egg salad sandwiches</u> • Carrots • Apple 	<ul style="list-style-type: none"> • <u>Whole meal salad</u> • Canned peaches 	<ul style="list-style-type: none"> • <u>Mexican chicken soup leftovers</u> • <u>Baked tortilla chips</u> 	<ul style="list-style-type: none"> • Peanut butter sandwich • Broccoli • Kiwi 	<ul style="list-style-type: none"> • <u>Supreme grilled cheese sandwiches</u> • Broccoli • Hummus 	<ul style="list-style-type: none"> • Sandwiches (with <i>leftover meatloaf</i>) • Celery • <u>Hummus leftovers</u> • Milk
SNACK	<ul style="list-style-type: none"> • Crackers with peanut butter 	<ul style="list-style-type: none"> • Crackers with cheese 	<ul style="list-style-type: none"> • Yogurt with cereal 	<ul style="list-style-type: none"> • Crackers with cheese 	<ul style="list-style-type: none"> • Pepper slices 	<ul style="list-style-type: none"> • Popcorn 	<ul style="list-style-type: none"> • <u>Crunchy apple roll up</u>
SUPPER	<ul style="list-style-type: none"> • <u>Red beans and rice</u> • Corn bread • Milk 	<ul style="list-style-type: none"> • <u>Crispy salmon patties</u> with onion, lettuce, bread • <u>Frozen fruit cups</u> • Milk 	<ul style="list-style-type: none"> • <u>Mexican chicken soup</u> • <u>Baked tortilla chips</u> • Milk 	<ul style="list-style-type: none"> • <u>Meat and veggie mac</u> • Side salad • <u>Hurry up baked apples</u> • Milk 	<ul style="list-style-type: none"> • <u>Skillet lasagna</u> • Side salad • Garlic bread 	<ul style="list-style-type: none"> • <u>Mouth watering meatloaf</u> • <u>Sweet potato fries</u> • <u>Fruit crisp</u> • Milk 	<ul style="list-style-type: none"> • <u>Sweet and sour rice</u> • Pineapple • Milk



Kent State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiry to Ross Wilburn, 511-294-1482, wilburn@kent.edu | 12/2019 SSES 200



SHOPPING TIPS (10):





 Shop on a full stomach! This way you're not tempted to buy unnecessary items. 

 Shop once a week! 



 Organize your food storage drawers and cupboards! This way its easy to know what you have and you don't repeat buy. As well as you will know what is getting close to expiration date. 

 Chop up your fruits and vegetables! This will make it easier during the week to grab for a quick snack or make dinner preparation a little speeder. 

 Use your calculator while shopping! You'll have a close estimate on how much you are spending. (Can't forget about taxes) 

 Buy non-food items (garbage bags, deodorant, etc.) at discount stores 

 Don't overlook no-name or store brands! Compare nutrition labels! 

 Even if an item is "on sale", its only a good deal if you will use it! 

FLEXIBLE MEALS:



Quesadillas

Spice up your classic cheese quesadillas by adding some extra ingredients! Sauté some bell peppers and onions to stuff inside, as well as add some protein to add extra nutritious value.

Pastas

Prepare your favorite kind of noodle, and top with any kind of sauce of your liking. Spice it up by adding vegetables and your liking of protein.

Soups and Ramen

Boil a starch of your liking in some kind of broth (beef/chicken) until they are tender; then add some vegetables; if greens are tender add them near the end of cooking. To top things off add some protein of your chose.

Stir-Frys

Combine some kind of starch, vegetables, and protein to a pan of hot oil with spices of your choice to taste. (Put ingredients into pan based on least tender to most tender).

Oatmeal & Yogurt

Spice up any of these options by adding fruits, nuts, granola, nut butters, honey, the options here are endless and up to you. Get creative!

Don't forget about...

Sandwiches

Tacos

Wraps

Eggs

RECIPE RESOURCES:

Finding recipes to make can be a hassle and time consuming.

Here are some helpful resources to find quick and easy recipes that are affordable for the pocket.

(There are many more resources to find recipes heres just a few)

DORM DELICIOUS

https://drive.google.com/file/d/1k_yBCZX-BXixqfWeFGR_jcmk8q7NEfjB/view

GOOD AND CHEAP

<https://cookbooks.leannebrown.com/good-and-cheap.pdf>

CENT\$IBLE NUTRITION

<https://uwyoicnp.org/recipes/>

COOKING BASICS

<https://extension.usu.edu/createbetterhealth/cook/cooking-basics>

BUDGET BYTE\$

<https://www.budgetbytes.com/category/recipes/>

EAT FRESH

<https://eatfresh.org/recipe>

REFERENCES:

<https://www.choosemyplate.gov> (1)

<https://www.healthline.com/nutrition/micronutrients#types-and-functions> (2)

<https://www.webmd.com/food-recipes/features/cheap-healthy-15-nutritious-foods-about-2-dollars#1> (3)

<https://www.thefrugalgene.com/pantry-list/> (4)

https://www.healthline.com/nutrition/cheap-protein-sources#TOC_TITLE_HDR_4 (5)

<https://static.ewg.org/reports/2012/goodfood/pdf/goodfoodonatightbudget.pdf> (6)

<https://laurengleisberg.com/free-grocery-shopping-list-printables/> (7)

<https://www.vertex42.com/ExcelTemplates/grocery-list.html> (8)

<https://iastate.app.box.com/s/6a073s9g34gfia0thev88mu1bp4rzw2> (9)

<https://www.mymoneycoach.ca/blog/budget-grocery-shopping-tips-to-save-money.html> (10)

[hash=59978AB46A1A3543AF01AA9E54C7DA9623547EE1](#) (seasonal guide)

Images :

https://t4.ftcdn.net/jpg/03/14/41/45/360_F_314414529_ajh5D8RV5CtpBNCKrcrtjy8HpizpSPbop.jpg

<https://previews.123rf.com/images/romastudio/romastudio1603/romastudio160300280/54088843-healthy-food-background-studio-photo-of-different-fruits-on-white-wooden-table-high-resolution-produ.jpg>

<https://previews.123rf.com/images/romastudio/romastudio1603/romastudio160300280/54088843-healthy-food-background-studio-photo-of-different-fruits-on-white-wooden-table-high-resolution-produ.jpg>

<https://bloximages.chicago2.vip.townnews.com/laramieboomerang.com/content/tncms/assets/v3/editorial/f/df/fdf4b376-e1f1-5771-a064-7e66ef794292a/5f52c8d283e99.image.jpg>

https://scontent-ort2-2.xx.fbcdn.net/v/t1.0-9/38212478_2201385016756180_899581467082883072_o.jpg?nc_cat=102&ccb=2&nc_sid=730e14&nc_ohc=DWJUaskrtYAX_209FWS&nc_ht=scontent-ort2-2.xx&oh=7e8b9a2b3e2e6f9f3e0767c76576eabe&oe=5FE3395E

https://scontent-ort2-2.xx.fbcdn.net/v/t1.0-9/119033304_10158288044940590_1060132662335742608_o.png?nc_cat=111&ccb=2&nc_sid=730e14&nc_ohc=CLNs2uVls8kAX87jgYR&nc_ht=scontent-ort2-2.xx&oh=dc4dff031214782802860bef50497d28&oe=5FE0B4F9

https://static.wixstatic.com/media/78d090_of9201826ecb4d65ab090bf330d9cf4d~mv2.png/v1/fit/w_2500,h_1330,al_c/78d090_of9201826ecb4d65ab090bf330d9cf4d~mv2.png

<https://i1.wp.com/www.uwbrandingiron.com/wp-content/uploads/2020/01/Screen-Shot-2020-01-28-at-5.56.20-PM.png?resize=326%2C245>

<https://cdn.corporate.walmart.com/dims4/WMT/c2bbb69/2147483647/strip/true/crop/2389x930+0+0/resize/1446x5631/quality/90?url=https%3A%2F%2Fcdn.corporate.walmart.com%2Fde%2F%2F48e91bac4a8ca8f22985b3682370%2Fwalmart-logos-lockupwtag-horiz-blu-rgb.png>

<https://shelbyreport.nyc3.cdn.digitaloceanspaces.com/wp-content/uploads/2018/11/Safeway.jpg>

