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### 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 to 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: roman noodles, instant potatoes, Mac & cheese, frozen dinners, already prepared foods, etc.

So what can you do to help yourself?

### **NUTRITON 101<sup>[1]</sup>:**

### Explore the food groups



#### Fruit:

Fruit consumed can by 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

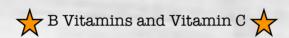
### Micronutrients (2)

~ 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.

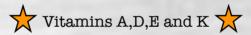
#### **Water-Soluble Vitamins:**

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.



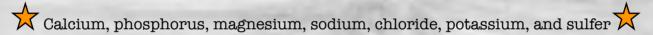
### **Fat-Soluble Vitamins:**

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



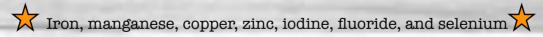
#### **Macro-Minerals:**

Minerals in which you need in larger amounts.



#### **Trace Minerals:**

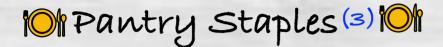
Minerals in which you need in smaller amounts compared to macro-minerals. Even though they are needed in smaller amounts they are still important for functions in your body.



\*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!



Proteins (5)

**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



Olive Oil

Assortment of Spices

Soy Sauce

Chicken or Beef Bouillon Cubes

Ketchup

Mustard

Ranch

Mayonnaise

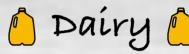
Eggs

Edamame

Canned Chicken

Canned Tuna

Meat (turkey, beef, chicken)



Milk

Cheese (block/shred yourself)

Non-fat Plain Yogurt

Butter

Cottage Cheese



Fruits

Vegetables (frozen/steam-able)

**Root Vegetables** 

Garlic

**Potatoes** 

Onion







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

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.feedinglaramievallev.org

### Laramie Soup Kitchen

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

https://www.laramiesoupkitchen.org

### Need Help with Transportation?

LaramieLink & LaramieLink Dial-A-Ride

Phone: 307-766-RIDE (7433)

0r

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











### 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.14)

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]:

Meal Ideas	
1 2 3	(4) (5) (6)
Fruits/Vegetables ———	Dairy
Meat/Protein	Frozen Food
Tats	Carned Items
Carbs/Starches	Other

# SHOPPING LIST [8]:

	MEALS	
Breakfast	Lunch	Dinne
V.	MON	MON
	TUE	TUE
9	VED	WED
J	THU	THU
	FRI	FRI
	SAT	SAT
N	SUN	SUN
	GROCERY LIST	
portant	Produce	Bread / Bakery
7		
eakfast	Meat	Dairy / Frozen
1	o	
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sta / Rice	Canned	Dry / Baking
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# SEASONAL PRODUCE GUIDE







#### Winter





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

**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

**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

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

0kra

**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.



### 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!



# MEAL PLANNING [9]: Sample

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Oarmeal with baranas     Almonds     Mik	Yogurt Parfaits	Peanut butter toast     Milk	Oatmeal with raisins     Almonds     Milk	Cold Cereal     Milk     Juice	Easy quicre     Toast     Milk	Easy quiche     Leftovers     Juice
SNACK	Yogurt with berries	Combread leftovers	Frozen fruit cups     Graham crackers	Splendid fruit salad	Whole grain cereal treats	Raisins wth cereal	Whole grain cereal treats
LUNCH	Egg salad sandwiches     Carrots     Apple	Eggseled sandwiches     Carrots     Apple	Whole meal select     Canned peaches	Mexicen chicken soup leftovers     Baked tortilla chips	Peanut lutter sandwich Broccoli Kiwi	Supreme grilled cheese sandwiches     Broccoli     Hummus	Sendwiches (with leftover meatloaf) Celery Hummus leftovers Milk
SNACK	Crackers with peanut butter	Crackers with cheese	Yogurt with cereal	Crackers with cheese	Pepper slices	Popcorn	Crunchy apple roll up
SUPPER	Red beans and rice     Com bread     Milk	Crispy salmon     patties with onion, lettuce, bread     Frozen fruit cups     Milk	Mexican chicken soup     Baked tortilla chips     Milk	Meat and veggie mac     Side salad     Hurry up baked apples     Milk	Skillet lasagna     Side salad     Garlic bread	Mouth watering meatloaf     Sweet po'ato fries     Fruit crisp     Milk	Sweet and sour rice     Pineapple     Milk

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## SHOPPING TIPS(10):



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







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



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



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!

### Pon't forget about...

Sandwiches

Tacos

Wraps

Eggs

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

### CENTSIBLE NUTRITION

https://uwyocnp.org/recipes/

### COOKING BASICS

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

### BUDGET BYTES

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/6a073s9g34gfia0thev88mu1bp4rzfw2 (9)

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

hash=59978AB46A1A3543AF01AA9E54C7DA9623547EE1 (seasonal guide)

#### Images:

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