

Healthy, Budget Eating

ALICE MA: So thanks for coming. I'm Alice, this is my very first webinar and so I'm very excited to share this content with you. And today's topic is going to be healthy budget eat, so healthy eating on a budget. Just a little bit more about me, my name is Alice as Kaitlin said. I'm a registered dietician so that means I've gone through the necessary schooling, I've gone through an accredited program, necessary classes and internships and taking a test to become registered as a dietician, as opposed to a nutritionist which is really regulated, doesn't have that same requirement as a dietician does. I was raised in West Jordan, Utah, just south of Salt Lake City if you've ever been there. I went to school at the University of Utah and my bachelor's in exercise science, and my masters in nutrition and dietetics. So a proud Utah grad.

And then my current position is at WSU here in Pullman specifically with dining services. So most of my work on a daily basis involves a menu planning with the chefs, doing a lot of work with recipes, labeling allergens, meeting a student who have allergies or special dietary needs, and generally making sure that there are healthy options on campus when it comes to dining in the dining centers. So just a quick overview of some things we'll discuss today. So I've broken it down to a few parts. So first we are going to focus on ingredients on a budget. So what are some ingredients you can look for when you're shopping? [INAUDIBLE] our budget friendly [INAUDIBLE] and recipes. And simple strategies for each food group to save money, while not-- while still being able to get all the nutrients we need for a healthy diet.

Focus on three main food groups. So Whole Grains, Protein, and Fruits & Vegetables. And then some miscellaneous things, as well, at the end. And then the next part will be more about integrating those ingredients we found at the store into recipes. Where to find recipes. And then putting it all together into meal prepping, and meal prepping in a way that's efficient. So we're spending a lot of time making recipes or cooking. And we have meals prepared for those times when, you know, it's 5 o'clock and we don't have something [INAUDIBLE] but we have something to pull out of the fridge really quickly. So we don't end up going to, you know, Wendy's, like someone said in the chat box, earlier. Or going out to eat and spending money that we'd rather save for other things.

And at the end, we'll have some time for questions. So feel free to post those and Kaitlin will organize and sort those as we go through the discussion, here. And we'll answer them at the end.

Right. So here we go! So, first little part- Key Ingredients for Healthy, Budget-Friendly Meals. So, focusing on whole grains, proteins, fruits and vegetables. And out of those food groups, we're going to get most of nutrition we need. And those are the most-- and in each food group, there are strategies to save money when at the store. And I'll show you some of those.

So starting with whole grains. So, a lot of you have probably heard the term whole grains. You've probably seen it on a label, you've seen it at the store, maybe in commercials. When

cereals are made of whole grains, they often advertise that because it makes it seem more healthy. And what whole grains are, is simply put-- if you look at this picture here, it's from it's Whole Grains Council website, which Kate will post a link to in the chat box for more information. A whole grains are essentially what the name suggests- the grain in its whole intact form.

So you look over here in this photo, this is a grain in its whole intact form. So, it has three layers. So it's got a bran here, the endosperm in the middle, and then the germ as the inner part. And when grains are refined-- so let's say you have brown rice and you refine it to white rice, some of this is removed. So, one or more parts of these layers are removed.

So, in the case of white rice, I believe, they take off the bran and I think they take out the germ as well. And so, when we remove these parts, we're removing the nutrition as well. And most of that nutrition loss is fiber. But you also lose some protein, some B vitamins, some minerals as well. So, generally speaking, when you are consuming refined grains as opposed to whole grains, you're not getting as much fiber as you would if you were eating the whole grain in its intact form. And you are also losing out on a little bit of protein and vitamins and minerals as well. So that's why whole grains are a better choice for us. And we encourage eating whole grains most of the time.

So some examples of whole grains that you've probably heard of are things like oats, brown rice, quinoa, millet, whole wheat flour, and really anything made of whole wheat flour. So you'll see in stores whole wheat pasta, you'll see whole wheat cereals, whole wheat snack bars, tortillas. Anything made of whole wheat flour would be a whole grain. And then there are also whole grain breads and pastas-- sometimes made of flour, but also made with-- you know, there's brown rice pasta and quinoa pasta, nowadays. They are considered whole grain because they are made with brown rice and quinoa. Even though they're not made with wheat, they're still whole grains.

And for a complete list of all whole grains and-- this is a great website, the Whole Grains Council. It'll list all whole grains there are. It'll tell you which ones are gluten-free. If you follow a gluten-free diet or have an intolerance or celiac disease, it'll tell you exactly which ones are safer to eat. That's a great reference for more information on whole grains.

So how do we save money on buying whole grains? So you'll hear this a lot when it comes to shopping on a budget, that buying in bulk, when it comes to grains, is going to be the most effective way to save money. And that's mostly because, first of all, when you buy in bulk, they almost always cost less per pound. So, you can compare the bulk price per pound to something the same grain in a package form, and it will almost always be more cost efficient to buy it in bulk. And secondly, when you buy in bulk, you also buy as much or as little as you want.

So, if you're trying out a new grain. Let's say you've never had millet before, and you want to try it out. You're not sure if you like it, so you just want to buy a little bit, you can buy that in the

bulk section as opposed to buying a huge bag. And if you end up not liking it or not being able to use it, the bag would go to waste.

So buying in bulk reduces food waste and can save you money as well. And if you don't have a bulk section in a store next to where you live, the other possibility is to find-- simply find the same grain but in a larger size. So oftentimes, you'll see things like brown rice and oats in smaller bags or containers. And many stores, nowadays, have different options for sizes when it comes to grains. So you can get 16 ounce bags or you get 32 ounce bags. Depending on the grain, you can almost always find a larger size if you look around a bit more in the same aisle. And, generally speaking, the larger size is going to be the better bang for your buck, again, because it's a larger size. So in a way, you're buying in bulk even though it's not necessarily from a bulk section, per say.

Then with grains, the least expensive ones are usually going to be the oats, the brown rice, millet, and your pastas. So sticking to those grains and using those when it comes to recipes is going to save a lot of money. And the great thing about grains is that most of them are pretty interchangeable when it comes to using one or the other. And they all cook pretty similarly, so most grains have a 2 to 1 ratio of water to the grain. Either 2 cups of water to 1 cup of grain or sometimes some grains will have 3 cups of water to 1 cup of grain. And all it is-- it's a boil-- bring to boil, reduce to a simmer, and cook it for however long it takes to soften.

And if you do shop at the bulk section, in most cases, the bulk section will have some sort of sticker at the very front of the label. But the canister tells you how to cook those items. If you're buying from a bag, usually there's instructions on how to cook the item on the bag as well. Or you can also look at the Whole Grains Council website for a complete list of how to cook each grain, if you're trying something new that you've never tried before.

And then, if you have a recipe that calls for a more expensive, grain a good way to save money is to swap it for a similar grain. So, for example, there are lots of salad recipes out there that are wild rice salads. And wild rice tends to be pretty expensive. I know around this area it's about \$9 to \$12 per pound, which is quite a bit.

So instead of using all wild rice in the salad, or even any wild rice, you could sub in brown rice, which cooks pretty similarly. Doesn't have quite the same texture, but you could do half wild rice, half brown rice, and still have a very similar nutrient profile in the final dish than if you just use all brown or wild rice. And it would cost you a lot less to use the brown rice.

And some stores' bulk sections, you'll even see, sometimes, sell wild rice blends, which are just a blend of wild rice and brown rice together. And so, instead of buying it separately, you can buy it from one container.

And then another example would be, for a quinoa-- let's say this stuffed pepper here-- instead of using quinoa, you could sub in millet, which has a very similar texture. Again, pretty similar

nutrient profile. And costs anywhere from half to a quarter as much as quinoa. So that's a great way to save money as well.

Right. So now we're moving onto proteins. So with proteins-- protein is important when it comes to building and maintaining the muscle mass that we have. Protein foods are also usually a source of iron, which helps carry the oxygen from our lungs to our tissues to be used. And then with proteins, we really want to focus on two things. So focusing on leaner proteins, and by that, I mean proteins that are less fatty. So leaner cuts of meat or your plant-based proteins are a big source of protein and typically don't contain a lot of fats.

And then we also want to focus on proteins that are less processed. And by processed, I mean things added to it or processed, as in, they're taking the whole protein and they've already cut it up or altered it in some way to make it easier. Or deboned it. So some sort of labor was involved. And, generally speaking, the lean proteins are going to be lower in saturated fat. And saturated fat is typically referred to, sometimes, as the bad fat, which raises our cholesterol. So we want to limit that.

And then, with the processed protein-- some of things like deli meats or bacon are higher in sodium. So we want to limit that as well because sodium is associated with high blood pressure. And so focusing on lean and less processed meats, most of the time, and limiting and using our meats high in saturated fat and proteins high in fat and sodium in moderation, is generally the key points to eating healthy while eating proteins.

So when it comes to saving money conveniently, the less processed and less fatty meats are also the least expensive, which makes it a lot easier to eat healthy. If you look at the data here. This is from the US Bureau of Labor Statistics pulled in August. So, on average, red meat in the US-- so ground beef costs about \$3.79 per pound. If you compare that to a boneless chicken breast, which on average in the US, it costs about \$3.19 per pound, which is a 16% savings. So, just by eating less red meat, you're not only getting a healthier meat, you're also saving some money there with the difference between beef and the chicken breast.

And then, similarly, with the processed meat, it's sort of the same thing, right? Because it's less processed and there's no processing or labor involved. It's going to be less expensive and also a little bit healthier because there's no added sodium there. So with bacon-- the average cost of bacon in the US is about \$6.24 per pound. And if we compare that to a pork chop, which still comes from a pig-- same animal, a pork chop, on average, costs only \$3.92 per pound. So that's going to give you a 37% savings. So save you quite a bit of money there from eating less red meat and less processed meat, which, in both cases, it also ends up being a healthier choice.

So, that's meats. But really, the best bang for your buck is going to be the vegetarian proteins. And I saw someone in the chat box mention they were vegetarian. And vegetarian diets can be really inexpensive compared to diets that are heavy in meat. So, if you look at our vegetarian protein sources. Eggs, for example, from the same data source, are \$1.37 per dozen on average.

Beans, if you buy them dried, so again, something you can buy in the bulk section or in larger quantities if you don't have bulk section, are about \$1.35 per pound, on average. And that's the equivalent-- it varies by type of bean. But, that would yield you about 5 to 6 cups of cooked beans. Some types of beans will yield you 7 to 8 or 9 cups of cooked beans. So, quite a lot of beans just for one pound.

And then your peanut butter, on average, will be about \$2.51 per pound. And that's an average of all peanut butter. Sometimes, you can-- if you have a good bulk section store, you can buy in bulk and it may be a little bit less expensive. Otherwise, jarred is just fine. It's typically a little bit more expensive than if you were to buy it in bulk or if you were to buy nuts and make your own peanut butter.

And then lastly, we did already talk about whole grains, but whole grains are also a source of protein. So, you can kind of include that in your thought process when shopping is that whole grains can be a small source of protein. Although, it's not as extreme-- as high as beans or peanut butter or some of these other things.

All right. So, when it comes to stretching our protein budget-- so these are very similar tips to what we talk about we discussed whole grains. So, we're using less expensive proteins to replace some or all of the expensive proteins. Similar to what we talked about when we talked about the whole grain piece. So, for example, when you make a meatloaf, instead of using all ground beef, which tends to be more expensive and a little bit higher in fat, you could sub in-- you could do a meatloaf with ground beef and then sub the other half for ground turkey, which is a little bit less expensive. Or go one step further and do half the ground beef and then the other half-- sub the other half with cooked beans or lentils usually work as well. And that's going to save you even more money than the first option.

And then lastly, if you wanted to go all, out there are a completely plant-based meatloaf recipes out there. One of my favorites is a meatloaf is made with chickpeas or garbanzo beans and then mixed with brown rice and carrots, a little bit of ground mustard, and that's basically it. And it's very simple and has a similar texture to meatloaf and it's very inexpensive to make. And it tastes great. And this is one way that people save money.

And you don't have to go all out vegetarian to save money. Some people are, what we call, flexitarians. That's a very popular term, nowadays. Flexitarian or some people call it reducetarian. And what that means is it's just a fancy way of saying you're vegetarian, but you're not really married to the idea or you can be flexible with it.

So, for example, maybe you're vegetarian just on certain days of the week. Or you are vegetarian when you cook at home, but you eat meat, sometimes, when you go out or when it's a special occasion. So really it's a fancy term for saying you're eating less meat either to save money, in this case, or for other reasons.

And lots of folks also participate in what we call Meatless Mondays, which you may have heard of. It's a pretty popular campaign. And it's just what it sounds like. On Mondays, you don't eat meat. And that's a way to save money on your grocery budget-- just have one designated day where all your meals are meatless. And you can have a little bit of structure in terms of what you're planning-- your meal planning is. And that's the one that you save a lot of money because you're not eating any meat and you rely on some of these plant-based proteins.

All right. And then the last group I wanted to bring up is the Fruits and Vegetables. So fruits and vegetables are a pretty important group. Generally speaking, we tend to struggle with getting enough vegetables. Fruits not so much of a problem, but vegetables-- have a hard time getting on our plate. And ideally, when you sit down for a meal, about half of our plates-- ideally it would be fruits and vegetables. So, whatever it is in this example, it's corn and some fajita vegetables, peppers, things like that.

And we want to also aim for a variety of colors because each color with a fruit and vegetable is associated with some sort of vitamin, a mineral, or function to our bodies. For example, we look at things like carrots and sweet potatoes, are both orange-red. And that's because those contain beta-carotene, which is a similar term for vitamin A. And that is in keeping our eyes healthy and helping our eyes see, especially in the dark. But if you look at your green, leafy vegetables like spinach and kale, those are high in vitamin K, which helps with blood clotting. They also getting calcium for bone health. Iron for blood health. So every color has a different purpose. And so it's important to get as much variety as possible, of colors, just to get that whole spectrum of vitamins and minerals that our bodies need.

So how do we save money on fruits and vegetables? And there are a lot of different ways to do this one. This one is probably the most complicated group because there are a lot of different strategies to use. But the first one I would say, and this is probably one you've heard the most, is to buy fruits and vegetables in season. So things like apples, potatoes, tomatoes, bananas tend to be inexpensive year round. But other things like sweet potatoes, spinach, kale, eggplant, cauliflower, broccoli- those tend to be pretty seasonal. And the prices fluctuate. If they're out of season, they tend to be a lot higher in price. So being creative with what's in season and trying new vegetables based on price-- So if there's vegetable you see that's in season, and it's on sale, and you have never tried it before, I challenge you to be adventurous and go ahead and purchase that and research ways on how to use it. And I'll show you some websites later that will help you find some recipes that look at ways of how you can cook it, roast it. And try a new vegetable because it's in season, it'll help you save some money and also help you venture out into some new culinary adventures as well.

And then secondly, if it's out of season, especially this comes in handy. So let's say you have a recipe that calls for spinach or kale and it's out of season. And it's very expensive in the fresh form. It's a good strategy to look for it in frozen or canned form because when it's-- especially when it's out of season, the frozen or the canned one can be a lot less expensive than the fresh form. And the nutrient quality is just about the same. When it comes to frozen, I would say the general taste, quality tend to be about the same as fresh. Canned, it sometimes a hit or miss

with the quality, depending on its-- use your own judgment with that. But price-wise, there's sometimes a big difference depending on what's in season and what's on sale. And another bonus is that the frozen and the canned vegetables and fruits have a longer shelf life. So if you're looking to buy a lot and store it, you can buy that when it's on sale and stock up and save it for later.

And then, similarly to that, buying in bulk. So, I talked about stocking up when things are on sale. You can also stock up when fresh produce is on sale or in season and inexpensive. And if you have a means to or ability to can things or freeze things-- Most fruits and vegetables freeze pretty well if they're processed or chopped up. And if you have a fruit or vegetable that you really like and want to buy a lot of it while it's in season, you can look up how to process that to make it safe for canning. Or how to freeze it properly so it lasts up to months and you can eat in off-season and have that for later.

You can also use farmer's markets. So you can often buy bulk in farmer's markets. So, typically with most farmer's markets, they offer either a price per pound or price per box. And usually when you buy fruits or vegetables, let's say over 10 pounds of it or over 20 pounds, they often will give you a discount. Generally speaking, at my farmer's market it's about \$0.20 less per pound if you buy greater than 10 or 20 pounds. And if you don't have the means to freeze that or store that or use it up in time before it goes bad, you could also consider sharing that with a friend. So splitting the cost with a friend and then you both taking half of it. So you don't have as much to use to worry about using [INAUDIBLE] discount.

And then you can also, if you have this available near where you live, a farm that offers U-Pick because you take the labor costs out of it. And if you pick your own fruit-- the price of fruits and vegetables for picking your own, tends to be a lot less expensive than if you were to buy it directly or buy it at a market or buy it at a produce section at the store. You are picking it by yourself and you're also buying directly from the farm. And that way, you're still supporting a local farm as well. So that's a benefit to that.

All right. And then-- so that's kind of the three food groups. But anything that I didn't talk about probably falls under what I just categorize as miscellaneous items. And most likely the things you're thinking of that I didn't cover are things that are packaged. So things like your milk, canned goods, snacks, chips, things that come in packages. And with packaged products, I always ask myself one question if I'm buying packaged product is if it's something that I can make myself.

So for example, if you often buy beans that are all ready cooked or in a can-- if that's something you can make yourself. In this case, it's something that you could buy in bulk. And even though it takes a little bit of extra effort to soak the beans when you buy it from dry and then cook them -- With a can of cooked beans-- let's say a can of cooked beans-- canned beans cost about \$1.15, you're only getting about 1 and 3/4 of a cup of beans. Whereas for the same price, at \$1.15, you could get a pound of dried beans and soak it and then cook it yourself and get about 5 to 6 cups of beans. So more than three times the amount of beans for the exact same price.

So that's an example of something easy to do yourself. And I'll show you a link that has some instructions on how to cook beans from dried, if you don't know how to do that yet.

Similarly, with stocks or broth, if you make soups pretty often, and use veggie stocks or chicken broth, and buy it from the store, that's also something you can cut the cost of by making your own. Really just simmering vegetables in water. And that's an easy thing to do. And that freezes pretty well. And that's something [INAUDIBLE] save \$2.00 or \$3.00 off of a carton of stock each time you do that. And it also tastes better, and oftentimes, stocks or broth that you buy at the store have a lot of added sodium to it. So, by making your own, you can also make it a little bit healthier by controlling the salt content bit more or reducing the sodium.

Some other quick examples- granola bars. Again, something that comes in a package. That is probably something we can make ourselves. And then salad dressings. Hundreds of other examples out there. Those are just a couple.

And there are always going to be things that we can't make ourselves, or we just don't have the time to, and [INAUDIBLE] go for convenience. And with those situations, I recommend looking for coupons for those items or buying them when they're on sale. And with things that are brand, especially a really famous brand, you can almost always find coupons online. So if you look up the website of the brand-- just look at the web site, do a quick internet search of the brand name, find the web site. More often than not, and surprisingly often, they'll have coupons just right on the web site for you to print. No need to sign up for email lists or anything like that. You just print it and save \$1.00 or \$2.00 here and there, when buying the product.

Or sometimes, if you do sign up for the email address of a certain brand that you like or follow pretty loyally, they will send you coupons every month or so. Or when they have deals, they'll send you an email and let you know. Or another way is by following them on social media. So, almost all-- I would say a quite a few brands are on social media, whether it's Twitter or Facebook. And oftentimes, they'll post when they have coupons available or deals. They'll post that on their Facebook page or have special-- sometimes special contests where if you like their page or share the page, they'll give you a coupon-- some sort of offer similar to that. And that's a good way to get coupons.

And if you combine that by waiting-- with waiting for when things are on sale. So let's say you read ads for a certain market and see that something's on sale that you like and it's packaged, you can buy a lot of that. And typically with packaged product-- let's say canned products that come in boxes or granola bars, those last a long time. They have a very long shelf life. So when you wait for them to be on sale, by a lot of it if you have the means to use all of it. And store it because it does last a long time, and then you don't have to worry about buying so much of it later on. And you can also save a lot of money because you're getting on it on sale. If you combine that with coupons, you'll get an even bigger discount.

And then another tip, looking for store brands. So this isn't always the case, but almost always, store brands are the equivalent, in terms of quality, to the name brand item. Not always but

most of the time. And it's almost always going to be lower in cost. And it's not always at eye level at the store. Sometimes the store brands are lower or higher than the name brand item on the shelf. So just being aware of that, and looking around, and comparing prices before you buy the item is a good tip as well

And then something I didn't put on the slide, but I thought of earlier today, is if it's an ingredient for a recipe, think about whether or not you can substitute it with something else. Or if you can just leave it out in general. So, for example, if you have a soup recipe that calls for paprika or smoked paprika, and you don't have that, you can either leave it out or use something like chili powder or cayenne or sriracha, which are all spicy ingredients. And that can mimic the same taste as paprika or something else. Another example would be if you have a baking recipe that calls for apple sauce, you could use mashed banana, instead, or any sort of pureed fruit in the same volume. And get the similar taste and quality in the final baked product. So any sort of substitutes that you can think of similar to those.

Right. So that's sort of the ingredient piece of the presentation. So next up, we're going to move on to more of utilizing what you buy in the store and finding recipes that fit those ingredients. And then meal planning and preparation of those recipes to save time and money.

So I think one of the hardest parts of meal planning, especially if you haven't cooked a lot, is finding good recipes. And there are a lot of links out there. There are a lot of good websites I really like, but I would say that two resources I suggest the most are these two web sites here. Which Kaitlin will link in the chat box.

The first one is Supercook.com. And Supercook.com is a website that was designed for people who wanted to use up things already in their pantry. So I'll show you this in a minute, And then the second one is this cookbook called Good and Cheap. And let me just pull out of here and show you these sites.

So here is the website for Supercook.com. And so what it is, it's a website that lets you search for recipes based on what you have on hand. So you can either do this as a guest or create an account so you can save your pantry items in your account. Just a quick overview is-- what you do is click on what ingredients you have in your pantry. So let's say I have garlic in my pantry, I have onions, I have tomatoes, I have potatoes, bell peppers.

Let's go down to baking. Let's say I have flour, and I have whole wheat flour, and I have pasta.

So what this website does is it will show us what recipes we can make, based on what we have on hand or what was selected here. And so we can make this salsa de tomate. We can make this tomato sauce because we have all the ingredients. And then if you scroll down, they'll also show you-- if you load all the way down, recipes where you have most of the ingredients. And then it will mention to you what ingredients you're missing and that you need to buy. Sometimes if you do too many-- have too many ingredients, it won't show them. But if you're

missing one or two ingredients, it'll list them. And say you need to buy bacon for this. You need to buy carrots for this recipe, but you've got this, this, and this.

As you can see, just from cooking those four or five items, we have all the ingredients necessary for all of these recipes. So that's a good go-to to find recipes. And you could also narrow it down by meal type. Or if you're vegetarian, or vegan, or have some sort of special dietary need, you can also select for that and screen for those recipes.

Right. And the second link I provided is this Good and Cheap cookbook. So this was a cookbook designed by a woman named Leanne Brown, based out of New York. And this was her project for her Master's. And what she did was she compiled a bunch of recipes based on the budget of eating well on \$4.00 a day, which is the average amount a person gets when they're on SNAP benefits or EBT, formerly known as food stamps. So this book is all based on being on a budget and utilizes a lot of the ingredients we talked about. Things like oats. Things like in-season vegetables, eggs, peanut butter. All those budget-friendly ingredients.

And it's also a good go-to cookbook because it does talk about a lot of things we've already discussed- buying in bulk, building a pantry, seasonal shopping. If you look over here, a couple pages in, it'll talk about making your own broth. If we go to the end, it'll talk about how to cook beans from dried. And then it's got quite a few recipes. And it is a PDF form available for free online. But you can also buy a hard copy of the book, but the PDF is free. And they will, sometimes, even update the PDF with new recipes every now and then.

But it's broken down into categories- breakfast, lunch, things on toast. A good one is different ways to make oatmeal so that you're not having the same oatmeal every single day. It's got sweet and savory options. All sorts of fun recipes in this book. So a very good basic cookbook if you're sort of new into cooking, you want to venture out a little bit, and just want to know the basics.

So back to our screen here. So referring back to that cookbook, let's say you're making recipes for the week and you're wanting to choose a few recipes that'll make it easy on you. So it's a good idea to pick multiple recipes that have ingredients in common. That, for one, it limits the amount of shopping you need to do. So it limits your shopping list. And then secondly, it also limits the amount of cooking you actually need to do. Because you're cooking one or two ingredients, but using them for four, maybe five recipes. So I've referenced the recipes from the Good and Cheap cookbook in this example.

So, for example, we have a chickpea chana masala with brown rice-- that uses chickpeas. We can also use those same chickpeas for these half-veggie burgers that are also in the Good and Cheap cookbook. And so we're getting-- we can cook one batch of chickpeas but use it for two recipes.

And then we could also buy some oats and make the four or five different types of oatmeals described in the book. But also use those same oats to make peanut butter and jelly granola bars. So we're getting breakfast and some snacks there from one ingredient.

And then, you could also use that same peanut butter or you could use sunflower seed butter, if you're allergic, to make some sort of peanut sauce. And then combine that with anything we have left over. So some sort of brown rice from this recipe. So we have leftover brown rice, we have leftover beans, any sort of leftover vegetables. And makes a grain bowl with some added protein and vegetables and some sort of sauce. So that's already five meals off the top of my head-- from this book, that we make with just primary ingredients of chickpeas, oats, peanut butter, and grains, and maybe some vegetables. So very short shopping list for just five recipes.

And then when it comes to the actual cooking piece, meal preparation is very different for everyone. And different methods work best with different people. So the main goal is to see what you can do ahead of time. So, even if it's the smallest things like-- let's say you're preparing snacks for the week, you can chop all your celery at once and prepackage your hummus into little containers and have all that ready to go. Or if you have a little bit more time on the weekend, you could go as far as cooking all your beans at once. Cooking all your rice for the week, at once. Roasting your vegetables, all at once.

You can make whole meals- things like soups and stews and meatloaves. Casseroles freeze pretty well, so you can make big batches of those on the weekend and freeze it for later in the week or even later in the month. And cooking in large batches, in this case, helps as well. So if you have time on the weekend to cook a recipe, or some other day, you could cook large batches of lasagna or you cook a lot of beans. A You could cook a big batch of rice and freeze all that. And not necessarily have a recipe for some of those things. So maybe cook a bunch of beans and not know what to do with it. But have those beans on hand for later, just in case you want to make a quick grain bowl or quick meatloaf or something else real quick. Chili. And just have those available for those times when you don't know what to make.

As far as efficiency goes, it's really important if you're doing any sort of meal preparation, to multitask. So if you're setting aside some time on a weekday or a weekend to cook, plan out what you're going to do with the recipes you have on hand. So, for example, if we had some recipes that required cooking beans, and roasting vegetables, and making some rice. Beans take about 45 minutes to cook. If you're soaking them and then you're boiling and simmering them for 45 minutes, as opposed to using canned.

And then roasting vegetables. It varies by vegetable, but roughly speaking, for this example, we'll say 40 minutes to roast the vegetable. And then rice takes about 20 to 25 minutes to cook using a rice cooker. Sometimes it's longer if you're going to use a stove top. But for example, we're going to use these numbers. But we're not going to take 45 minutes to cook the beans and then use 40 minutes to roast vegetables and then take 20 minutes cook rice and spend an hour and 45 minutes total. Because we can get this really done in 45 minutes if we cook the beans first-- put those on the stove top first. And then while the beans are cooking, we take five

minutes to chop the vegetables up and then throw them in the oven. And that can cook and be done at around the same time as the beans. And then while that's cooking, you could also rinse the rice, put it on the stove, or put it in the rice cooker, and cook that.

And even further, while the rice is cooking, you could do dishes, you could portion out oatmeal, you could portion out your snacks, you could chop more vegetables. You do a lot of different things there within 45 minutes and have multiple things done by the end of that hour. And spend less than half the time it would take to do everything separately. So being efficient with your time and multitasking as much as possible.

And that was basically all I had. So we've got about 15, 20 minutes for questions. While Kaitlin is grabbing those, I do have my email address here, alice.ma@wsu.edu. And you can feel free to email me if you have any questions on some of the links I provided or you want some more recipes or recipes for some of the things I mentioned. I am also on Twitter. I don't tweet too much about general stuff, but I do tweet a lot about things I eat on campus. But feel free to follow me on Twitter as well.

KAITLIN HENNESSY: Thanks Alice. So we do have a few questions, already. The first is, is there any difference in canned vegetables with sodium content? Is it better to buy a certain type of canned vegetable?"

ALICE MA: Oh! That's a great question. OK. So that will vary a lot by brand. Typically, there are some brands that will add sodium to the vegetable before canning and some brands that won't. And that's just a matter of looking at the label. So if you read the label, it will tell you how much sodium there is and it will also tell you in the ingredient list. So looking for added salt in the ingredient list will tell you if there's added sodium in the vegetable. So just be careful because it varies a lot by brand and also by the type of vegetable.

KAITLIN HENNESSY: Thank you. And our next question asks, my husband and I both have dairy sensitivities . So I feel like we are missing out on certain vitamins, minerals, or beneficial bacteria. What can you recommend we do to supplement this inexpensively?

ALICE MA: All right. So coming from someone who is also dairy sensitive, something I do is-- there are a lot of nondairy alternatives on the market. So soy milk is probably the most popular. And, in terms of comparing it to dairy milk, soy milk is probably the closest, as far as protein content, to regular dairy milk. Most nondairy milks are also fortified with calcium and vitamin B12. Let's see, calcium, vitamin D, vitamin B12. And so it's a matter of looking at the label because it does vary by brand. But I would say most brands, nowadays, have those three vitamins and minerals fortified as part of all their products. So if you have a dairy sensitivity, soy milk and almond milk and coconut milk tends to be the least expensive.

You can also make your own version of those. It does take a little bit more effort to make your own milks. And those typically aren't fortified. But really the key nutrient, when it comes to dairy, is the calcium. And so you can get that from the fortified nondairy milks But you can also

get it from things like tofu, as well as-- if you want to take a supplement, that's fine. But you can also get it from things-- vegetables like spinach and kale. And sort of leafy green.

KAITLIN HENNESSY: Our next question is a clarification on an earlier slide. On the average prices you referenced for like eggs and beans and stuff like that?

ALICE MA: [INAUDIBLE]

KAITLIN HENNESSY: And the person wanted to know if those included organic prices. Or if it was only conventional food or a blend of both?

ALICE MA: I believe it was a blend of both. It was just-- the data just said average price in the US.

KAITLIN HENNESSY: Thank you. And our next question asks for any more tips on meal planning, or are there any good free meal planners online, like apps or worksheets that you know of?

ALICE MA: Yeah. If you do a quick search on the internet just for meal planning, and you search under the images, there are usually some sort of template images-- just like blank templates you can fill in. I have one that I have. If you email me, I can send it to you, if you would like. I have some of those websites saved somewhere. I don't have them on hand right now, but I could send them to you.

KAITLIN HENNESSY: Thank you, Alice. And that meal planning one might be a good one for a future event. And then another question asks, if you have any websites for coupons. When you were mentioning coupons earlier, do you have a favorites?

ALICE MA: Yeah. Quite a few favorites. So, for the most part, I do go directly to the brand of the product for the coupon. But I also like coupons.com. And that web site-- if you sign up for their email list, they'll email you every single week with new coupons. And the coupon list is pretty long. And you can search by grocery type, or things you need, or just scroll down and see what's there.

I also really like rebate apps. So these aren't technically coupons because you have to buy the product and then get rebate back, but there is an app called Ibotta. So I-B-O-T-T-A. And what they do is they have certain items on their list. And it varies by store. But if you buy the product, and then you take a photo of the, receipt they'll give you about usually \$0.25 to \$1.00 back on the product. And then once you accumulate \$20 in the app, they'll pay you out via Paypal and give you your \$20 back. So that's not a savings up front, but on the back end, you end up getting some money back there.

KAITLIN HENNESSY: [INAUDIBLE] And another person asks, are legumes inflammatory? I've looked into the Whole30 Eating Plan and they are anti-legume.

ALICE MA: Not that I know of. The Whole30 plan is pretty popular. I'm not a big fan of it. I know, you know, legumes can cause some problems as far as digestion in some people, especially if you're not used to eating them. As far as inflammatory, I haven't heard anything about that. And I don't know too much about that, but generally speaking, they are fairly healthy. I eat them quite a bit. I don't see anything wrong with eating legumes on a regular basis.

KAITLIN HENNESSY: Excellent. Thank you. Another question asks, do you think eggs are a concern as far as dietary cholesterol or fat?

ALICE MA: So that's probably one of the most debatable and controversial topics in dietetics now. And there's a lot of different schools of thought. In terms of cholesterol, that really comes from the yolk having saturated fat. And the effect saturated fat has on dietary cholesterol. There are some thoughts about the egg white-- something in the egg white counteracting whatever is in the yolk so that you can safely eat whole eggs. Because the yolk or the white sort of cancels out the dietary effect of the yolk.

I don't have a super strong side of that-- a side answer for that question. But, generally speaking, I don't usually recommend-- I usually say it's fine to eat maybe two or so eggs a day and not be too concerned with cholesterol. Personally speaking, I don't eat eggs because I do follow a plant-based diet for ethical reasons. But I don't have a problem, for health reasons with people eating eggs.

KAITLIN HENNESSY: Thank you. And another question on a type of food is, is soy healthy to eat?

ALICE MA: Yeah. So that's one of those controversies out there, but there are no studies that I know of that say-- unless you're consuming really, really large amounts of soy, that there are unhealthy effects due to the hormones. Tofu a couple of times a week. Soy milk, things like that. Soy beans. A couple of servings a day. That amount isn't really enough to affect us negatively. For the general population.

KAITLIN HENNESSY: Thank you. And a question asks, if you have any tips or your favorite tips for healthy snack foods on a budget.

ALICE MA: I think my favorite tip is if you look at the Good and Cheap cookbook, there's a granola bar recipe there. And I think probably the easiest snack is some sort of granola bar because it does contain the oats. The grains, right? And the protein from peanut butter or some sort of nut butter. And then you can customize it to make it your own. So if you have allergies to peanut butter, you could use sunflower seed butter. Or if you don't like you don't like fruit, you can omit any dried fruit. Or [INAUDIBLE] chocolate. You could add a little bit of chocolate and have a treat.

So making your own granola bars is probably my go-to snack. I do also have a recipe for a no-bake granola bar that's basically just peanut butter, oats, and a little bit of maple syrup. If you want the recipe, you can feel free to email me. But that's a go-to recipe I use quite a bit.

I also have a recipe for snack bites that are made with-- they taste like cookie dough. They have a texture of cookie dough, but they're made with ground chickpeas, and then peanut butter, a little applesauce to sweeten it, and then chocolate chips. And so there. It has the texture of cookie dough. You could eat with a spoon or roll it into little balls as a snack.

And then some other things I like are just celery and hummus. Very simple, no recipe required. Easy to prepare and easy to store. And then simple things like fruit and peanut butter.

KAITLIN HENNESSY: Thanks, Alice. And someone asked that, sometimes veggies can get really boring. Any tips to diversify them?

ALICE MA: Yeah, vegetables? There are a lot of vegetables out there. And I think one way to diversify is to simply branch out and try new vegetables here and there. Like I mentioned, when things are in season, take advantage and try something new. Because you can cook vegetables almost all different ways. So roasting, saute, and stir fries. I think the key with vegetables is to use spices. So things like curry spice, cumin. There are a lot of spices out there. So adding different spices to vegetables can really pump up the flavor and give it a little bit of a different taste than you're used to.

KAITLIN HENNESSY: Thank you. And our next question asks, is there any nutritional difference between organic and conventional food?

ALICE MA: Not really enough to worry about. And there are studies that show both ways. So some studies show that organic has a few more nutrients than conventional. But there are also some fruits where the conventional product had more nutrients than the organic. But, generally speaking, there isn't enough of a difference to really warrant worrying too much about it. I think the only thing I would worry somewhat about, are the pesticides.

So if you go to the website called the Environmental Working Group. So it's ewg.org. They have a list called the Dirty Dozen. So if you worry about pesticide content, they print out a list every year called the Dirty Dozen, where they list the top 12 fruits and vegetables that contain a lot of pesticides in the conventional form. So those are the fruits and vegetables I usually buy organic. And then the rest of the vegetables-- fruits and vegetables I don't really worry about. If I need to buy conventional, I'll buy conventional. But, usually, topping the list are things like apples and strawberries. And so while they're not really different in terms of vitamin content, it's the pesticides that are-- some people believe are linked to cancer and other things like that. And that's the really the only thing to worry about. So, nutrient-wise, the vitamins, minerals not too much of concern.