

What to Eat

How many times have you thought about what to eat? Does your idea of a family meal include a trip to a restaurant or drive-through? Does your food run out before you can buy more?

Eating healthy takes planning and time. But if you are willing to make the effort, you and your family will be healthier and feel better. And, you won't be running out of food before you can afford to buy more. This book, along with your EAT SMART meetings, will give you the tools you need to make your meals and snacks the healthiest they can be. To eat healthy within your budget, follow these five steps:

- 1. Decide how much you can spend.**
- 2. Plan meals before shopping.**
 - Use the One Day Meal Planner (page 4) to practice planning meals and snacks for one day.
 - Check to see what foods you have on hand. Use the Pantry List (pages 5-6) as your guide.
- 3. Make a shopping list.** Use the **Shopping List** (page 7) as a guide.
- 4. Shop carefully.**
 - Use **Shopping Tips** (pages 8-9) to get the most nutritious foods you can for your money.
 - Find the fresh foods and vegetables that are in season using **Tennessee Growing Seasons for Fruits and Vegetables** (pages 10-11).
 - Practice using **Unit Pricing** (page 12-13).
- 5. Store your foods safely.**
 - Follow the **Cupboard Storage Chart** (page 13-16) as a guide to storing staples.
 - Use the University of Tennessee Extension publication, *Be Food Safe*, PB 1826 (available from your UT Extension office or online at <https://extension.tennessee.edu/publications/Pages/default.aspx>), to learn how long to store foods in the freezer or refrigerator.