5
tips to help your family
THRIVE

1. Nutrition Basics/Pantry List
   One month grocery budget handout
   Clean up your kitchen
   Start a healthy pantry

2. Budgeting/Frugality Test
   Build-A-Budget Worksheet

3. Shopping
   Price Book Development
   Shopping List

4. Efficient Cooking Tips
   Weekly Meal Plan worksheet

5. Kids

PANTRY BASICS

Make VEGETABLES the base of most meals
and choose those in season and on sale.

☐

GARLIC

☐

ONION

☐

CARROT

☐

CELERY

☐

PEPPERS

☐

BROCCOLI

☐

CAULIFLOWER

☐

TOMATO

☐

HARDY GREENS

☐

POTATO

☐

SWEET POTATO

☐

SQUASH

☐

CABBAGE

☐

FRESH GINGER

FROZEN VEGETABLES

- CORN
- PEAS
- GREEN BEANS
- BROCCOLI

CANNED VEGETABLES

- BEANS
- TOMATO PASTE
- TOMATO SAUCE
- TOMATOES
- CORN
- SALSA

DRY

- LENTILS
- BEANS
- SPLIT PEAS
- RICE
- PASTA

PROTEIN

- LENTILS
- TOFU
- NUTS
- PEANUT BUTTER
- YOGURT

FRUIT

- APPLES
- FROZEN BERRIES
- BANANAS
- CANNED PINEAPPLE
- ORANGES
- LEMONS
- MELONS IN SEASON

BAKING

- FLOUR
- BAKING POWDER
- BAKING SODA, CHOCOLATE CHIPS
- COCONUT
- CORNMEAL
- CORN STARCH
- OATMEAL
- COCOA POWDER
- VANILLA EXTRACT
- VINEGAR
- YEAST

SEASONING

- BASIL
- CHILI POWDER
- CUMIN
- GINGER
- OREANO
- PEPPER
- RED PEPPER FLAKES
- SALT
- PAPRIKA

MISC

- COFFEE
- NUT BUTTERS
- RAISINS
- SOY SAUCE
- YOGURT
- POPCORN
- FLOUR TORTILLAS
- MILK SUBSTITUTES *(SOY AND PEA PROTEIN HAVE COMPLETE PROTEIN)*

SWEETENER

- SUGAR
- MAPLE SYRUP
- HONEY
- STEVIA

GET RID OF

JUNK FOOD

SODA

ANY FOOD WITH HIGH FRUCTOSE CORN SYRUP

SWEETNED CEREAL

ARTIFICIAL SWEETENERS

BUDGETING

Keep a 1-2 month food-cost journal
(attached budget worksheet or phone app)

Make a list of what you intend to do with the money you save.

Review spending habits and notice where you can cut down on spending for food.

Suggested goals: For example:
save $50/month and/or cut restaurant spending by 50%
and/or cut eating out to once per month

If cut overall food spending by 10% = $_____ saved per month.

If cut overall food spending by 20% = $_____ saved per month.

If cut overall food spending by 30% = $_____ saved per month.

If cut overall food spending by 20% + decrease eating out by 50%
= $_____ saved per month.

What is your family's goal?

SHOPPING

Make weekly menus, so that you can shop based on a menu plan. Keep a running grocery list of things of things that you need to replace of pantry basics. Shop once a week or twice a month.

Buy foods that can be used in multiple meals. Buy in bulk, but keep storage in mind. Don't buy in bulk if the product won't keep until your family has time to eat it.

Start a price book. Start by looking at grocery receipts and circle 20 most expensive items. Compare prices at different stores. Add 10 items to book each week. This can save a lot of money.

Check dollar store for cleaning supplies. Research "green cleaning." You can purchase bulk baking soda and vinegar for many cleaning jobs and this will be good for your pocketbook as well as the environment. Consider cloth dish towels, dish clothes, cloth napkins.

Check discount stores like Aldi's for special prices.

Thrive Market online is a good place to order non-perishables.

Coupons: only clip for needed items. Always compare with generic or other brands.

If you run out of a spice, save empty bottle and fill it from bulk spices

Purse killers: Drive-thru coffee and fast food

Set out the coffee pot the night before and make coffee at home for a fraction of the cost of buying it by the cup. Pack school lunches. Keep raisins, nuts, crackers, water bottles in the car for snacks to avoid fast food.

What about organic food: See list of dirty dozen which is a list of conventionally grown foods that will have the most pesticides.

Consider buying a freezer: When you find bread, flour, fruit, veggies, eat on sale you can buy several and freeze

DO NOT BUY: Potato chips, sodas, sweetened cereal, artifical sweeteners, any food with high fructose corn syrup as an ingredient

EFFICIENT COOKING TIPS

Make a weekly menu.

Pick 10 favorite meals and divide them into 2 shopping lists. Keep these lists in your purse or on your phone. Each time you shop, check the pantry, fridge and then buy ingredients you need for these 5-10 meals.

Double batch and freeze the extra (Cookies, beans, rice, quinoa, biscuits, bread, soup). Then if you need a quick meal, you can go to the freezer.

If you buy mega-packages or bulk items, divide into smaller packages and freeze the extra, so you don't use too much and it will keep better.

Only cook and serve enough for the number of people you are serving and don't have lots of choices at a meal so people don't overeat.

Serve at least one meatless meal/week. This is good for the environment and will save money.

Make good coffee that you enjoy at home. It is much cheaper than buying cups on the go.

PLAN AHEAD. PLAN AHEAD. PLAN AHEAD.

CHILDREN

GENERAL

Get active for mood, weight control and building a good appetite.

Go outside to play every day.

Dance to music.

Try a no-TV week.

Decrease screen time.
American Academy of Pediatrics recommends none for under 2 years old and ***limit to 2 hours*** for over 2 years old.

Give balls, bats, jump ropes, frisbees for gifts and play with them with your kids.

Put up a basketball hoop.

Join the YMCA.

Get a library card and visit regularly.

Plant a garden.

Give your children swim lessons.

Get lots of sleep.

FOOD

Weekly shopping for healthy, home-cooked food.

Make weekly trips to the farmer's market.

Involve children in meal planning, shopping and meal preparation.

Make it clear to children when meals and snacks will be served and where in the house food can be eaten.

Sit at a table and eat with your children and teach them table manners and how to have conversations.

Keep meal times pleasant.

Have healthy snacks (fruit, nuts, homemade granola bars).

DRINK WATER!

X No: potato chips, cake and cookie snacks, sodas, sweetened cereals, articial dyes and sweeteners, high fructose corn syrup

Limit: juice and sugar