

A How To Guide to Healthy Eating on a Budget

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Grocery Shopping Tips

1. Purchase seasonal fruits & vegetables
2. Most nutritious items are on the outside isles
3. Purchase Frozen or Canned
 - *Use Low Sodium Canned Products
4. Eat 2-3 Vegetarian Meals Per Week
5. Purchase the Store's Version of a Product



Farmer's Market

- Cheaper & fresher produce and prices don't reflect transportation/packaging cost
- Visit the local farmer's market located at the corner of Stockton & Beaver St.
1810 West Beaver Street, Jacksonville, FL 32209
(904) 354-2821
www.jaxfarmersmarket.com
- Support local farmers

Make Your Recipes Budget-Friendly

- Use less meat
- Add more whole grain pasta, brown rice, beans
- Frozen/canned vegetables (no sauces)
- Freeze leftovers
- Also check out recipes at: www.Eatingonabudget.com

Spinach Rice Casserole

8 servings

1 cup chopped onion
1 teaspoon olive or canola oil
1-1/2 cups uncooked brown rice
2 cups water
2 cups chicken broth, low sodium
1 package (10 ounces) fresh spinach, torn
1/2 teaspoon salt (or salt substitute)
1/8 teaspoon pepper
1/4 cup shredded parmesan cheese

In a large saucepan, sauté onion and oil until tender. Add rice; cook and stir for 2 minutes. Add water and broth and bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in the spinach, salt and pepper. Cook just until spinach is wilted.
Transfer to a 2-qt baking dish coated with nonstick cooking spray. Sprinkle with parmesan cheese. Cover and bake at 375 degrees for 20-25 minutes or until rice is tender.