

## Eat Plants, Grow Strong

### Save Money & Be Healthy

**Buy whole plant foods like fruits vegetables, whole grains, and legumes and cook from scratch. This is the secret to eating healthy and saving money.**

Whole foods are the cheapest and healthiest foods. To save even more money and eat even healthier, buy beans for protein and less animal foods like meat. Whole plant foods have all the nutrients people need for good health and none of the bad stuff like saturated fat.

Supermarkets fill their center aisles with processed foods. Some—like pasta or bread—are minimally processed and a good buy, but most are highly processed junk foods. These foods are a waste of money as they offer no nutritional value.

**Plan your meals, and make a grocery list each week. Planning saves money and time. Have your little “chef” help you cook.**

This provides a fun way for the family to spend time together, and children usually eat foods they make.



### Potatoes, Not All Processed Equally

Potato per 6 oz wt



The more processing a whole plant or animal food undergoes, the more calories and less nutrients the food has by the time we consume it. In other words, highly processed foods are calorie dense, while whole plant and animal foods are nutrient dense.



**Try this recipe!  
Click here:**

**[Greek Couscous](#)  
[Chickpea Salad](#)**

