

SENIOR NUTRITION NEWS

July 2025

Eat Smart Idaho Program

Tips for Eating Right—Affordably

As food prices rise, shoppers are trying to find more economical ways to buy groceries and prepare healthy meals. Tips to stretch your food dollar:



1. **Plan Menus & Make a List:** Wandering aisles and filling your cart without a plan is a sure way to overspend.
2. **Buy Store Brands:** Store brands are often 15-20% less expensive than national brands and the quality is the same.
3. **Compare Unit Prices:** Use the "unit price" (price per pound, ounce or pint) to compare between different brands and package sizes. Many stores show the unit price on a shelf tag.
4. **Read Food Labels:** Compare nutrients using the % Daily Value on the Nutrition Facts panel. 5% or less is low – try to aim low for saturated fat, trans fat, cholesterol and sodium. 20% or more is high – try to aim for high in fiber, vitamins and minerals.
5. **Shop the Perimeter:** Fresh produce, meats, dairy and breads tend to be on the outer perimeter. Start there before the inner aisles for other necessities.
6. **Shop Seasonally:** Fresh produce often costs less when it's in season. Visit a local farmer's market or shop produce sales for seasonal fruits and veggies. For produce not in season, choose frozen and canned fruits and veggies with little or no added salt or sugar.
7. **Pay Attention at the Check-Out:** Make sure prices ring up as advertised or as labeled, especially for sale items.

Shopping list

<input checked="" type="checkbox"/>	_____
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Graham Cracker Smacker

2 graham cracker squares

1 tsp peanut butter or other nut butter

Banana, peach, pear, or other soft fruit

Wash hands with soap and water. Spread a graham cracker square with a thin layer of peanut butter. On top of peanut butter place slices of banana, peach, pear or other soft fruit. Top with another graham cracker spread with peanut butter (peanut butter facing inside).

Bahama Bagel

1/3 cup low-fat cream cheese

1 tablespoon walnuts

1 tablespoon crushed pineapple

2 whole wheat bagels, sliced in half

Mix cream cheese, pineapple and nuts in small bowl. Spread on each half of bagels. Serve.

Banana Rolls

3 bananas

1/4 cup peanut butter

1/8 cup coconut

1/8 cup rice cereal



Peel and cut bananas in quarters cross-wise. Spread with peanut butter. Roll in coconut and rice cereal. Serve immediately or chill until served.

Sources: <https://www.eatright.org/food/planning/food-security-and-sustainability/10-tips-for-eating-right-affordably>;
<https://spendsmart.extension.iastate.edu/recipes/> retrieved 06/25/25

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties

208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties

208-883-2267



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