



Eat healthy while keeping expenses manageable



Make a list before visiting the supermarket: Organize your cabinets and fridge, and make a list of what you need to buy. This will ensure you don't buy unnecessary or excess items.

- **Buy frozen fruits and vegetables:** It is the best option if you can't afford fresh fruits and vegetables. You will still get the nutrients needed and it will last longer. If you buy canned choose vegetables canned in water and fruits in natural juices, without added salt or sugar.
- **Incorporate "Meatless Days":** Eating vegetarian or vegan dishes some days can help reduce the costs since the animal protein is often the most expensive item in your plate. You can consider other sources of protein such as beans, lentils and dairy.
- **Cook at home:** Cooking home meals is healthier and cheaper than eating out. You can freeze food for another time during the week. Bread can also be frozen to avoid spoiling. You can cook in bulk to save time and costs and pack leftover food and snacks for work, avoiding eating out at lunch time.
- **Drink water:** Remember when eating fast food, exchanging soda for water is no additional cost, but best to bring your own water. Also, at home you can have a water filter system, it will reduce the costs and environmental pollution of bottled water. There are cheap filters in the market that can be installed on the faucet or water jug.
- **Choose cheaper meat and fish options:** It's cheaper to buy a whole chicken, cut and remove the skin yourself. For fish you can choose pollock or canned fish in water.
- **Process, cut and freeze or refrigerate foods yourself:** You can mince your own garlic, cilantro or other fresh condiments and freeze in freezer glass or plastic containers or packets for later use.

SEEK HELP!

If you need additional monetary help you may apply to the Supplemental Nutrition Assistance Program (SNAP). To qualify you must live in Puerto Rico and:

- Have resources (savings accounts, bank accounts, etc) of up to \$2,000; or
- Have resources (savings accounts, bank accounts, etc) of up to \$3,000 and be a part of a household with a person 60 or older or totally disabled
- Households must meet a net income limit that varies by the number of people in the household.

For more information and to calculate eligibility you can visit:

<https://www.benefits.gov/benefit/363>; and to apply you can call 311 or visit www.adsef.gobierno.pr

You can also reach out to non-profit organizations for help. Some of the organizations based in Puerto Rico are:

- The Banco de Alimentos de Puerto Rico have many programs directed to children, college students, communities among others. To contact this organization enter to: <https://www.alimentospr.com/contacto>.
- The Comedores Sociales de Puerto Rico distributes foods in designated areas. Visit their

facebook page: <https://www.facebook.com/comedores.sociales/> for information on their next activity of food distribution.

REDUCE FOOD WASTE

- Plan your meals and buy perishables judiciously. Use items that spoil fast earlier.
- Note that expiration dates refer to food quality, not food safety. Check visually, then smell and then taste a very small quantity to see if food beyond expiration date or old food is good.
- Cut off and discard at least an inch around spoiled areas from cheese and hard fruits and vegetables. You can consume the rest. Soft produce (tomatoes, berries, etc.) should be discarded if they have spoiled areas.
- Pickle(vinegar/oil/other) vegetables, dry(using sun/air/oven/food dryer) produce, make jam/marmalade.
- Use, freeze or donate food while fresh. Check produce and stored food regularly to avoid wastage.
- Eating most component of fruits and vegetables is good for you:
 - Citrus fruit peels: Grate or cut finely for salads or marmalade.
 - Peanut skin contains an antioxidant, which could lower blood sugar and have other benefits.
 - Bananas: Boil, bake or fry peels. These peels make a good addition to stir-fries and sandwiches.
 - Kiwi and mango peels: Eat or add to a smoothie.
 - Carrot tops, beet and radish greens, broccoli stems and leaves. Sauté or use in soups or smoothies.
 - Stalks of leafy vegetables: purée or use in soups

LOW COST AND NUTRITIOUS MEALS

Compare between supermarkets for the best prices. The meals below were priced using the price of ingredients from local supermarkets.

Rice, beans, lettuce and tomato salad and egg.



Approx. \$2.07 per plate

Puertorican chicken soup or Asopao de pollo



Approx. \$3.28 per plate

Lentils tacos



Approx. \$3.92 per plate