

7 TIPS FOR EATING HEALTHY ON A BUDGET

If you live in NYC, chances are you find it a challenge to balance a busy school schedule with eating well. Follow these tips to clear your mind for learning:

1. Shop on the cheap

The local grocery stores in New York City can cost a lot more than the ones at home, but there are deals to be had. Check out Trader Joe's on East 14th Street (between 2nd and 3rd Avenues) or head to the small grocery shops and street vendors in Chinatown. The corner of Bowery and Grand Street or Canal Street east of Lafayette Street is filled with options, like New Kam Man at 200 Canal Street. A few more shopping tips:

- Don't shop on an empty stomach
- Store brands are often a good value and good quality. They're often not at eye level
- Look at the "unit price per pound" to compare prices of similar items.

2. Carry lunch and snacks from home

Carry a sandwich, a piece of fruit, and your reusable water bottle with you to get through your classes without emptying your wallet. Place snack portions in Ziploc baggies or small reusable containers, this is a cheap way to carry snacks and meals.

Some great sandwich combos include: peanut butter, banana & honey; tahini and sliced apple; hummus and red peppers; miso and honey (spread miso paste like tahini); cream cheese (whipped is a healthy value) and cucumber; goat cheese and watercress on cinnamon raisin swirl; avocado, tomato and cheddar.

3. Plan meals

Meal planning? You mean, like, making plans with my suitemate for dinner at 8? No. We mean planning ahead of time what you're going to eat for a few days. This saves money, time, keeps impulse buys down, and allows you to finish what's in your fridge before it goes bad. It can include eating out when your budget allows, and when done well can free up extra spending money.

4. Limit most liquids

That cup of morning coffee, bottle of juice at lunch, and can of soda later in the day can add \$4-8 per day, or \$1,400-\$3000 per year! Invest in a travel mug, brew your own coffee, and drink mostly tap water from refill stations throughout The New School's buildings. You'll be supporting sustainability and your bank account.

5. **Make time for breakfast**

Studies have shown a correlation between eating breakfast and academic performance. Plus, when you eat in the morning you are less likely to be famished and eat with abandon later in the day. Breakfast foods also tend to be more affordable. Try generic-brand cereals, eggs, seasonal fruits, and quarts of yogurt, which you can separate into individual servings at home.

6. **Cook!**

Whether you're the "Help! I have a kitchen and I don't know what to do with it!" type or a seasoned cook, you can still nourish yourself from your own kitchen. If you're new to cooking, you just have to try. Check out recipes online, including some on our website.

7. **Create a cooking co-op**

Here's how it works: A group of friends/neighbors can each cook one big meal on a Sunday and portion it out so each person winds up with multiple different meals for the week but only has to cook one.