Zenie FOUNDATION
Discover. Choose. Live.

Affordable Eating Workshop Tipsheet - Oct. 2025

BASICS

- A balanced plate: ½ veggies, ¼ protein; 1/14 carbs + healthy fats
- What can you add to your plate to boost nutrients or make it more balanced?
- Think adding, not subtracting - add nutrient-dense foods instead of removing anything
- Focus on satiating, blood sugar-balancing, nutrient-dense foods

MACROS

- Carbs = energy + fiber (oats, brown rice, quinoa, whole grain bread and pasta, starchy vegetables, beans, lentils, fruit
- Protein = muscle & satiety (chicken, eggs, tofu, tempeh, beans, yogurt canned tuna/salmon
- Fats = hormones & brain: avocado, nuts/seeds, olive/avocado oil, fatty fish

BUDGET-FRIENDLY SHOPPING

- Frozen/canned produce, store brands, seasonal items save money
- Budget proteins: beans, eggs tofu, yogurt, canned beans
- Grains & carbs: rice, oats, pasta, tortilla, potatoes
- Buy in bulk at Costco, Sam's club, BJ's or try Trader Joe's for affordable staples

MEAL PREP & PLANNING

- Batch cook basics -> mix and match all week
- Keep it simple: rice & beans & veggies = endless combos
- Make grab-and-go breakfasts: overnight oats, smoothie bags, Greek yogurt parfaits
- Prep saves money and reduces stress

DINING HALL HACKS

- Build a balanced plate: carb + protein + fat+colorful veggies
- Mix/match stations for variety
- Use salad bar toppings for cheap proteins (beans, eggs, nuts)
- Vegetarian/vegan: pair grains with legumes for complete protein ie: beans/rice & pita/Hummus

COMMUNITY AND CAMPUS RESOURCES

- Campus food pantries/dining hall voucher-sharing programs
- Community fridges/farmer's market share tables
- Grocery reward programs & SNAP/EBT for eligible students