

EAT WELL WITHOUT BREAKING THE BANK

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OBJECTIVES FOR TODAY

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- Eat well while staying on track with your finances
 - Healthy eating while keeping costs in mind
 - Benefits of fresh produce and high-quality foods
 - When the spend makes sense and when can you save
 - Changes to your grocery list and weekly habits
 - Ensure your goals are obtainable
(SMART Goals!)



WHAT IS 'HEALTHY EATING'?

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- Becoming or staying healthy requires a supportive lifestyle including nutritious foods.
- How do we define which foods are healthier?
- How do we know what nutrients are needed?

And how do we balance this without breaking the bank?



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REAL FOOD – HEALTHY EATING

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- Whole Foods
 - Minimal processing
 - Mix in plant-based proteins
 - Smell the freshness / Quality matters
- Diversified, Seasonal, and Local
 - Variety – Keep it simple and just eat the rainbow!
 - Local and Seasonal – Increased freshness and nutrients
- Pure Beverages
 - Half a cup of water, tea, or broth each waking hour



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REAL FOOD – HEALTHY FOR YOUR WALLET

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- ❑ Whole Foods – save money!
 - ❑ Fresh produce is less expensive than processed - and has less nutrients
 - ❑ If you take in less nutrients in our food, your body wants more food
 - Tip: Cook the veggies quickly, they will keep their nutrients longer.*
- ❑ Diversified, Seasonal, and Local – save money!
 - ❑ Your goal is to provide your body and mind with nutrients
 - ❑ A variety of nutrient-dense foods will satiate more quickly
 - ❑ Select stores based on the item, including markets (localfarmmarkets.org)
 - Tip: Eating slowly, chew thoroughly, and stop eating when you are no longer hungry*
- ❑ Nourishment is an investment – make your dollars count!
 - ❑ We are looking for a good ROI from our shopping list! 😊

We must also remember the enjoyment of eating

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MEALTIMES TOUCH MANY ASPECTS OF OUR LIFE

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How do meals touch you and your family?

*Before we go further,
I don't want to lose sight of the bigger picture.
Meals are more than nutrition and finances.*

(Don't peek at the next slide yet!)

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MEALTIMES TOUCH MANY ASPECTS OF OUR LIFE

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- Nourishment
- Entertainment / Enjoyment
- Relaxation / Comfort
- Family gatherings / Celebrations
- Family traditions
- Cultural identifiers
- Giving / Caring for others
- Creating memories cooking or eating together
- Common ground for all
- Family time around the dinner table (often the only time together)
- Learning the value of money
- Food as medicine

How do meals
touch you and your
family?

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HEALTH BENEFITS OF FRESH, HIGH-QUALITY PRODUCE

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Healthy foods make sense
(most people would agree)

What is the goal?

An abundance of absorbable nutrients
with minimal disruptors

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HEALTH BENEFITS OF FRESH, HIGH-QUALITY PRODUCE

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- Fresh foods are our fuel; maximize nutrients with clean food
 - What's the best? Fresh, fresh cut, frozen, fermented, canned?
- Minimize the disruption and clean up from chemicals and toxins.
 - Many things can be foreign to the body, and therefore treated as if it were a harmful molecule and disrupt our state of wellness to varying degrees
 - We use energy (nutrients) to expel toxins
 - Some chemicals are harmful, even some 'foods' are harmful to some
 - Damaged nutrients – altered proteins or fats
 - From a variety of factors – quality, processing, storage, cooking

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HEALTH BENEFITS – WHAT ABOUT PROCESSED FOODS?

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- Preserve nutrients and save money by cooking at home
 - Know your nutrients – Know what's in your groceries
 - Processing foods destroys some of the nutrients
 - From cutting, grinding, over cooking, to aging of ingredients
- Purchased prepared foods leave a lot of unknowns
 - From quality of animal products, oils, age of ingredients, over cooking, to over browning

Buying processed is quite convenient.
There is typically a financial trade off
and sometimes a possible health tradeoff as well.

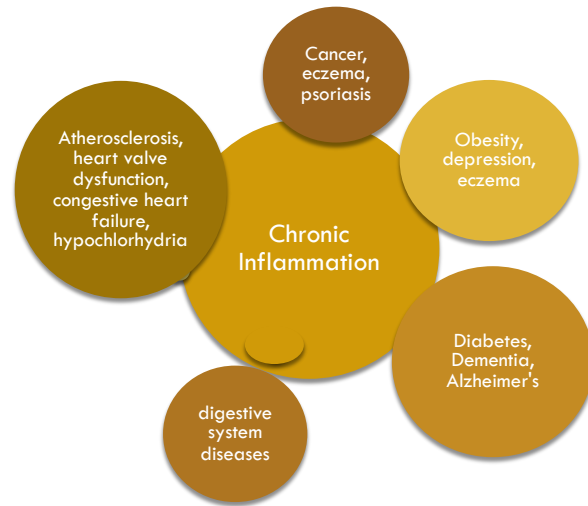
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WHAT HAPPENS WHEN TOXINS ARE IGNORED?

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They may build up in the tissues and lead to various conditions and diseases.

Corrective actions can prevent or reduce serious health issues including those though to be 'age' related conditions.



Inflammation may occur to help support your system

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WHEN THE SPEND MAKES SENSE & WHEN CAN YOU SAVE?

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- Evaluate your available funds for groceries - each household has different considerations
 - Health conditions; Young children or aging parents; Tough financial burden; Availability
- The Environmental Working Group
 - A list of the most and least contaminated produce
 - Farmer's Markets are often a great bet for good produce
- Priority List for buying organic
 1. Dairy and Eggs
 2. Poultry
 3. Reduce red meats if not natural/organic – add plant-based proteins
 4. Buy lower fat meats and avoid the skin if not natural or organic

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EWG'S PESTICIDE CONTAMINATION LISTS

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Dirty Dozen (buy organic)

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- Hot Peppers

Clean 15 (low pesticide)

- Avocados
- Sweet Corn*
- Pineapples
- Onions
- Papayas*
- Sweet Peas (frozen)
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew
- Kiwi

2020's most and least contaminated produce by pesticides

* Sweet corn and Papayas sometimes are from GMO seed. (source www.ewg.org)

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POTENTIAL CHANGES TO YOUR GROCERY LIST

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- Make a list and do not go shop hungry or thirsty
- Buy in season – cheaper and higher in nutrients
- Shop in the bulk bins (lentils, grains, nuts, spices)
- Pick ingredients that you use for a couple of recipes
- Start with fresh, unprocessed produce, organic or not
- Strategically select the best quality that makes sense for you
- Look for 'day old' produce bags at your local market
- Buy frozen for most of your soup, stews and smoothie needs
- Get tougher cuts of meats, even organics; only for slow cooking

What are
your top
3 ideas?

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POTENTIAL CHANGES TO YOUR WEEKLY COOKING HABITS

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- Meal planning – Cooking for the week
- Plan to use it so it doesn't go to waste
- Use all of it – Even the scraps!
- Avoid over heating and destroying the nutrients
- Cook fresh items right away – freeze or refrigerate
- Slow cooking – use a slow cooker or Instant Pot
- Use all those forgotten spices in your spice rack
- Eating out can blow your budget
 - Make it count, not the everyday grabbing an inexpensive meal
 - Note quality and consider planted-based proteins while out

What do you do to utilize all your produce?

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NEXT STEPS... WHEN YOU LEAVE TODAY

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- Change is hard and when it hits the wallet, it's even harder
- You need to determine where you are starting from and your needs; then balance cost, time, convenience, health, happiness, availability, etc.
 - Today is about information gathering; the right path is specific to you and your family
- Keep in mind
 - Food is needed to support your body
 - Nutrients help fight off foreigners (e.g. toxins) in your system
 - Food is an investment in your health – **Health is the First Wealth!**
- Use the guidelines discussed today and set goals

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HOW TO BE SMART AS YOU PLAN TO EAT WELL & SAVE

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What SMART changes can you commit to for you and your family?

Ideas to Share?

Specific
Measurable
Take Action
Be Realistic
Time-oriented

1. Limit processed foods to '#' snack items per person per week.
2. Avoid food going to waste by cooking items before the breakdown.
3. Review my pantry staples before shopping and stick to my list.
4. Reduce ordering out by cooking '#' weeknight dinners on Sunday.
5. Include four servings of vegetables in my diet each day.
6. Read the Dirty Dozen list so you know when organics are important.

Your body is the most amazing machinery that we know today,
and all it needs is real food and activity!

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WRAP UP / QUESTIONS?

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 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Classes, Events, Nutrition Education, Corporate Wellness, Personal Cheffing, Prepared Foods for Specific Conditions



Link to today's presentation, class voucher and more
www.kitchenonfire.com/eat-well-without-breaking-the-bank

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