

Affordable Nutrition

Insight & Strategies

Affordable and nutritious foods are more important now than ever. The pandemic left the U.S. in an economic recession with a considerable increase in food insecurity. As the economy recovers, affordable and accessible foods will be vital to the wellbeing of many Americans.



The Numbers

1 in 7

Americans may have experienced food insecurity in 2020¹



42 million

Americans may experience food insecurity in 2021¹



12%

Growth in SNAP participation from 2019-2020²



The Consequences

Increased risks from food insecurity³

Chronic conditions like Type 2 diabetes, high blood pressure, heart disease, and obesity



Psychological and behavioral health effects



Struggle with schoolwork (children)



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Shopping Tips



Plan Ahead

Shop with a checklist

Unit Price 15.6¢ PER OUNCE	\$2.50 Beans 16 OZ
Unit Price 9.85¢ PER OUNCE	\$3.25 Beans 32 OZ

Unit Price

Shows best bang for your buck



Ask

About store coupons, loyalty discounts, or daily specials

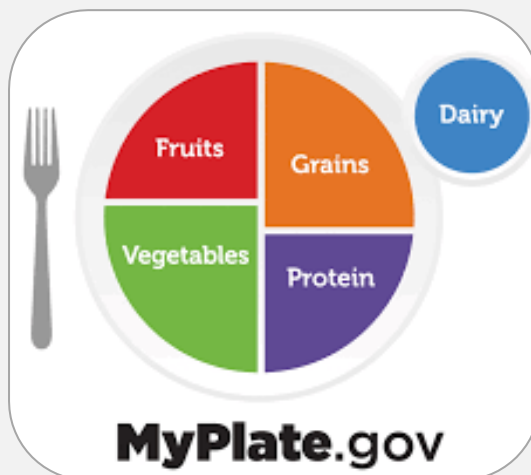
Nutritious & Affordable Foods

Fruits

- Frozen & canned (unsweetened)
- Fresh in season

Vegetables

- Frozen
- Low-sodium canned
- Fresh in season



Dairy

- Low-fat milk, yogurt, and cottage cheese

Grains

- Brown rice, oats, bread

Protein

- Eggs, beans, lentils
- Canned fish (in water)
- Bulk packs of poultry (can freeze extra)

References

1. Feeding America. The Impact of the Coronavirus on Food Insecurity in 2020 & 2021, 2021.
2. USDA. Supplemental Nutrition Assistance Program Participation and Costs, 2021.
3. Feeding America. Importance of Nutrition on Health in America.
4. USDA. ChooseMyPlate.gov
5. Cooking Matters. Meeting Your MyPlate Goals on a Budget, 2013.

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Good food, Good life