



Barley Blog of the Month – April 2016

5 ways to eat well on the cheap

April's here again. Is your wallet feeling a little lighter this month? If Uncle Sam has taken a bigger-than-usual bite out of your budget, we've compiled five tips on how to eat well while saving pennies too. Here you go:

Eat breakfast

Many health and nutrition professionals say that breakfast is the most important meal of the day. In addition to all the health benefits, eating breakfast reduces hunger and helps us save money by avoiding unhealthy and expensive temptations later in the day (can you say vending machine?).

Brown bag it

Eating out can take a hefty toll on the monthly food budget. Instead of hitting the corner restaurant or fast-food joint at noon, pack your lunch. Hint: Hardy, whole meal salads made with barley are a great pack-along idea. Check out www.barleyfoods.org/recipes/confetti-salad.html. This salad's a keeper!

Rethink protein sources

High-protein entrees don't have to be expensive. Plan a couple of vegetarian meals each week. Instead of beef, chicken or fish, think about using fiber and protein-rich legumes like beans, lentils and chickpeas as the foundation of your entrée. Hint: Legumes and barley make healthful and filling entrees. Check out www.barleyfoods.org/recipes/barley_bean.html for a yummy supper alternative.

Make a list and stick to it

Shopping on the fly is expensive. Here's a better idea: Make a meal plan and grocery list for the whole week. This may seem tedious at first, but stepping into the store with a meal plan and ingredient list in hand is worth the effort. A once-weekly trip to the grocery store will save on gas money too. Bonus!

Choose barley

Need we say more? This fiber-rich grain is a great stretch-ingredient for soups, stews, casseroles, salads and more. And it offers lots of heart-healthy nutrition for just pennies a serving. Your wallet's going to thank you!

