

## Savvy Sistas Guide: Healthy Eating on a Budget

Hey sis! At Savvy Sistas, we believe eating well shouldn't break the bank. Whether you're feeding a family or just yourself, these free cookbooks and guides will help you stay nourished, on budget, and inspired in the kitchen. Download what speaks to you - and share with someone who needs it too!

### \* **Good and Cheap: Eat Well on \$4/Day by Leanne Brown**

Award-winning cookbook full of delicious, budget-friendly meals. Created to help people with tight food budgets.

Link: <https://cookbooks.leannebrown.com/good-and-cheap.pdf>

### \* **MyPlate 2-Week Menu (USDA)**

Structured, government-approved 2-week meal plan with shopping lists and recipes.

Link: <https://www.myplate.gov/sites/default/files/2020-12/2WeekMenu508.pdf>

### \* **10 Tips for Eating Healthy on a Budget (USDA SNAP-Ed)**

Quick and practical tips for stretching your food dollars while eating well.

Link: <https://snaped.fns.usda.gov/sites/default/files/Healthy%20Eating%20on%20a%20Budget.pdf>

### \* **Heart-Healthy Home Cooking (NIH)**

A cookbook from the National Institutes of Health featuring low-sodium, heart-healthy meals.

Link: <https://www.nhlbi.nih.gov/files/docs/public/heart/kitchen.pdf>

### \* **Simple Recipes for Your Busy Life (University of Kentucky NEP)**

Family-friendly recipes designed for affordability and ease.

Link: [https://www.planeatmove.com/media/uploads/recipes/Simple\\_Recipes\\_Cookbook.pdf](https://www.planeatmove.com/media/uploads/recipes/Simple_Recipes_Cookbook.pdf)

### \* **Soul Food Light (National Cancer Institute)**

Soulful meals made lighter for a healthier twist on the classics.

Link: <https://www.cancer.gov/publications/patient-education/eating-soulfully.pdf>

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## **\* Eat Smart. Play Hard. Healthy Recipes (USDA)**

Fun and healthy recipes perfect for families with young children.

Link: <https://www.fns.usda.gov/sites/default/files/eatsmart/recipes.pdf>

## **\* African Heritage Diet Guide (Oldways)**

Culturally inspired, plant-based meals rooted in African tradition and nutrition.

Link: <https://oldwayspt.org/sites/default/files/AfricanHeritagePyramidBooklet.pdf>

## **\* Healthy Lunchtime Challenge Cookbook (Let's Move!)**

Recipes created by kids, for kids - fun, healthy, and easy to make.

Link: <https://www.choosemyplate.gov/sites/default/files/tentips/DG2010Brochure.pdf>

## **\* Healthy Recipes for Healthy Families (California WIC Program)**

Bilingual cookbook filled with nutritious, low-cost meals for the whole family.

Link:

[https://www.cdph.ca.gov/Programs/CFH/DWICSN/CDPH%20Document%20Library/Nutrition\\_Education/Healthy\\_Recipes\\_Healthy\\_Families.pdf](https://www.cdph.ca.gov/Programs/CFH/DWICSN/CDPH%20Document%20Library/Nutrition_Education/Healthy_Recipes_Healthy_Families.pdf)

## **\* Eat Healthy, Be Active Workshops (HHS / ODPHP)**

6 easy-to-follow workshops on building healthy habits and eating better every day.

Link: <https://health.gov/sites/default/files/2019-10/EatHealthyBeActive-CommunityWorkshops.pdf>