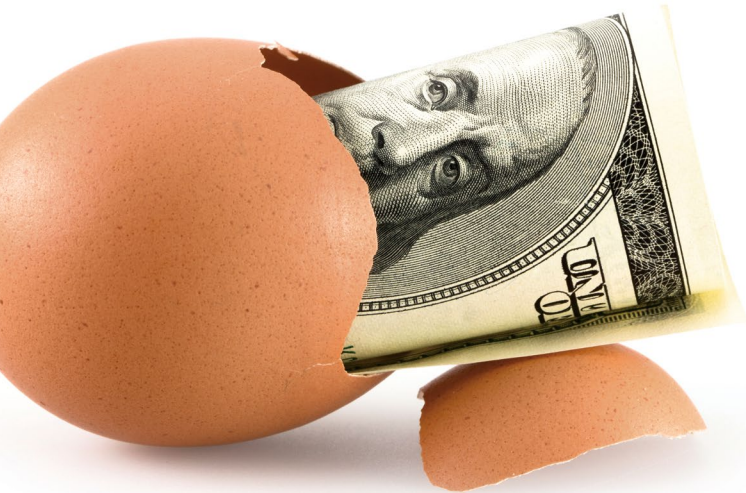


# HEALTHFUL EATING *on a* BUDGET



## EGGS MAKE NUTRITIONAL *Cents!*

Healthy eating doesn't have to be expensive. Many nutritious foods are also affordable, allowing you to build a nutrient-dense diet on a budget. For example, at less than 15 cents each, a large egg is cost-effective and versatile.

It's easy to build an affordable and nutritious meal around eggs. To cut down on cost, buy items on sale and use coupons to save money at the register. Go to the grocery store with a list rather than purchasing foods on impulse. Purchase items in bulk and batch cook recipes to last throughout the week. Select fresh produce in season for the best price and flavor. Frozen and canned fruits and vegetables as well as dried beans and legumes are also inexpensive and nutritious options.

## Spread the Word

**f** **TO SAVE MONEY**, prepare appetizers and side dishes using eggs and less-expensive plant-based proteins such as dried beans, peas and lentils. Eggs are one of the least expensive sources of high-quality protein. [EggNutritionCenter.org/SaveMoney](http://EggNutritionCenter.org/SaveMoney)

**t** **AT 15 CENTS EACH**, eggs are affordable and nutritious. [EggNutritionCenter.org/15CentsEach](http://EggNutritionCenter.org/15CentsEach)

**t** **LOOKING FOR AN AFFORDABLE BREAKFAST OPTION?** Prep these Egg Frittatas Muffins on the weekend and serve throughout the week! [EggNutritionCenter.org/Affordable](http://EggNutritionCenter.org/Affordable)

## KEY MESSAGES

- When you're eating on a budget, you want to get a nutritional bang for your buck. One large egg has varying amounts of 13 essential vitamins and minerals plus 6 grams of high-quality protein, all for 15 cents.
- Build an affordable meal around eggs, using other nutritious and low-cost foods such as brown rice, sweet potato, frozen broccoli and fresh fruit.
- Batch cooking is an affordable way to prepare weekly meals. Budget time on the weekend to prepare recipes that can be served throughout the week, such as an egg casserole.

# HEALTHFUL

## Your Eggs – Your Way

### 🥚 BASIC HARD-BOILED EGGS



Download the Your Eggs Your Way Sheet @ [EggNutritionCenter.org/YourEggsYourWay](https://EggNutritionCenter.org/YourEggsYourWay)

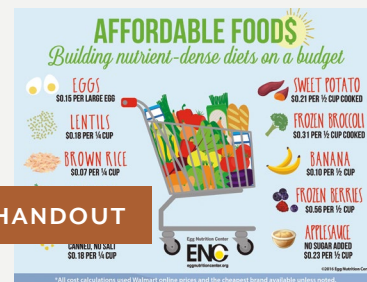
**DOWNLOAD OR ORDER** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS AND NEWS ABOUT EATING ON A BUDGET.

### 🍴 RECIPE IDEA



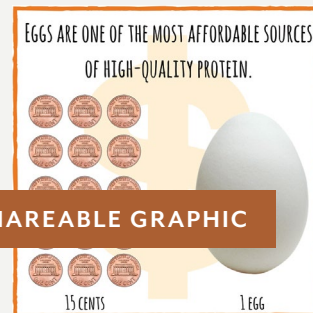
## Mexican Rice & Beans Baked Eggs

Download recipe @ [EggNutritionCenter.org/MexicanRiceBakedEggs](https://EggNutritionCenter.org/MexicanRiceBakedEggs)



**AFFORDABLE FOODS**  
[EggNutritionCenter.org/AffordableFoods](https://EggNutritionCenter.org/AffordableFoods)

### 📄 SHAREABLE GRAPHIC



**EGGS MAKE CENTS**  
[EggNutritionCenter.org/EggsMakeCents](https://EggNutritionCenter.org/EggsMakeCents)

Access the references list at [EggNutritionCenter.org/ToolkitCitations](https://EggNutritionCenter.org/ToolkitCitations)



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