

Health & Wellness

October
2025

Issue 13

Good Nutrition on a Budget

This month's Health & Wellness topic is **Good Nutrition on a Budget**. For this issue, we're going to give tips on how to eat healthy without breaking the bank.



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's October Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!

Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council



Health & Wellness Education

Good Nutrition on a Budget



Eating healthy is important, but so is sticking to a budget.

In many cases, healthy food can cost more than cheaper, less healthy alternatives.

Eating healthy on a budget does require a little work but can be fun and will save you money in the long run!

Plan Your Recipes

Planning (and sticking to) recipes can greatly help you save money. Taking a look at the weekly sales ad can help you plan for recipes using what is on sale that week.

Keep recipes simple. Too many ingredients can add up and if you don't make the recipe often enough, they could be wasted.

EXAMPLE:

If lean ground beef is on sale for \$3.99/pound, seek out recipes that you can make a few times during that week to use up a whole package.

→ Meatloaf one night, tacos the next and then burgers later in the week



Shop With a List:

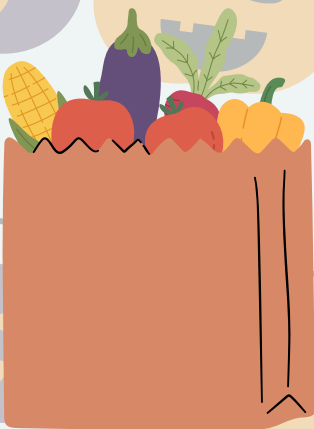


Once you've planned your meals for the week, create a shopping list with the ingredients you need. Having a shopping list makes shopping easier and faster, which helps you reduce impulse buys and take home only the items you need. It also helps you avoid extra trips to the grocery store to buy forgotten items.

If your shopping list includes nuts, beans, or grains, consider buying in bulk to save money and keep your pantry well-stocked for future meal planning.



Or.... DON'T shop with a list and seek out in-store specials and mark downs! Great deals can often be found on items that the grocer needs to move fast! If you can find markdowns AND are able to use them in a relatively short amount of time you can save a lot of money.



Steer clear of prepackaged convenience items, which typically are more expensive and provide fewer nutrients, compared to home-prepared. To maintain your healthy eating, money-saving goals, also limit sodas, chips, sugary cereals, crackers and convenience meals.

Grains:

- Buy 100% whole grain items when on sale, stock up and freeze them.
- Oatmeal is a healthy, inexpensive whole grain with no added salt or fat.
- Rice is also inexpensive. Brown rice is a healthier option compared to white.
- Whole-grain noodles are also healthy and typically inexpensive.

Fruits and Vegetables:

- Shop for items in season and buy only what you need
- Sometimes fresh produce is cheaper than frozen/canned when it is in season.
- Use fresh produce quickly to prevent spoiling and food waste
- Keep frozen fruits and vegetables on hand. They're often cheaper than fresh fruits and vegetables and can work in a wide range of recipes



Protein:

- Look for meat on sale
- Choose lean meats and lean cooking options, like broiling and grilling.
- Buy a larger pack if your budget allows. Use one portion and freeze the rest for another meal



Frozen and Canned are OK



When it comes to fruits and vegetables, frozen and canned options can be healthy alternatives to fresh produce. What's more, they cost less and last longer.

Many frozen veggies and fruits even have resealable packaging that allows you to use what you need and store the rest. This way you can enjoy your favorites even when they aren't in season.



When choosing canned options, it's best to select those that come in water, not syrup.

Be sure to read the label for any added sugar or salt. You'll want to avoid those.



And skip frozen options that have added butter or cream sauces. Choose options without sauce or look for packaging that reads "lightly sauced" to avoid extra sugar, salt, and empty calories.



Use Coupons or Watch for Sales:

Coupons are a great way to save on your grocery bill, especially if you have your shopping list planned out.

You can search for online coupons for the ingredients on your list.



With over a billion coupons available each year, you will likely find a coupon that you can use.

If you can't find a coupon for one type of cereal on your list but find one for a different brand, consider making the swap to save money.



Even low-value, cents-off coupons can really add up.

Just by using five 50-cents off coupons a week, you can end up saving over \$100 each year.



Buy The Least Expensive Option:



Buying generic or store brand items can save you 20% to 30% on your food bill. Items like canned tomatoes, milk, olive oil, and frozen fruits and vegetables are usually available in a cheaper store brand version.

Just be sure to compare the ingredients and nutrition facts panel to ensure you're not getting a product with added ingredients. Learning which store brands your grocery store carries can help you reduce your total at the cash register.

That being said, it is possible that a name brand item may actually cost less if it is on sale and you have a coupon. Always compare price/ounce, price/pound, price/serving, etc. to find out which is actually the lowest cost.



Health & Wellness Education

WRAP UP

You don't have to spend over budget to eat well. There are many ways to eat healthy foods even on a very tight budget.

Planning your meals, cooking at home, and making smart choices at the grocery store save you money.

It is also important to note that when needed and able, spending a little extra money on healthy food can help save you on medical costs later on down the road.

Eating healthy means staying healthy and staying healthy may mean less money spent on medications and doctors visits later on.

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

				6	8		1	5
	8	5	7		1		3	6
	9					8		7
9		1				7		
8	6	2				4	5	3
		4				1		8
7		9					8	
6	4		9		2	3	7	
5	1		8	4				

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

WORD SCRAMBLE

- FLOBOATL
- PKNMIPU
- ANMTUU
- GSTHO
- CREDI
- HEOWNALLE

WORD SEARCH

E	O	O	O	G	N	T	E	N	I	P	R	P	Y
P	R	E	P	A	C	K	A	G	E	D	N	P	E
R	A	L	T	E	R	N	A	T	I	V	E	S	N
A	E	O	K	P	Y	C	E	V	U	O	T	C	B
E	R	E	L	C	O	U	P	O	N	S	A	B	U
B	U	L	K	G	O	C	D	E	N	N	A	C	D
B	G	R	O	C	E	R	Y	N	E	E	T	L	G
O	E	R	A	P	T	P	S	T	A	E	R	D	E
A	O	C	D	N	S	Z	A	N	U	P	C	N	T
G	L	E	E	E	N	O	I	T	R	O	P	D	A
F	C	F	R	O	Z	E	N	E	R	T	K	C	E
E	E	G	U	N	E	K	E	S	O	T	O	K	E
T	B	O	E	S	L	R	E	C	I	P	E	S	E
I	N	V	E	N	T	O	R	Y	T	R	U	E	R

WORD BANK

Grocery

Alternatives

Portion

Prepackaged

Sale

Bulk

Coupons

Frozen

Budget

Inventory

Recipes

Canned



Our Picks of the Month

October Recipe: One Pot Chicken and Rice Soup

Recipe from: Simply Recipes



Ingredients:

- 2 bone-in skinless **chicken breasts**
- 1 cup long-grain **white rice**
- 2 ribs of **celery**, diced
- 2 medium **carrots**, diced
- 1 diced **onion**
- 2 tsp **garlic**
- 2 quarts unsalted **chicken stock**
- Juice of ½ **lemon**
- Optional: chopped fresh **parsley** for serving

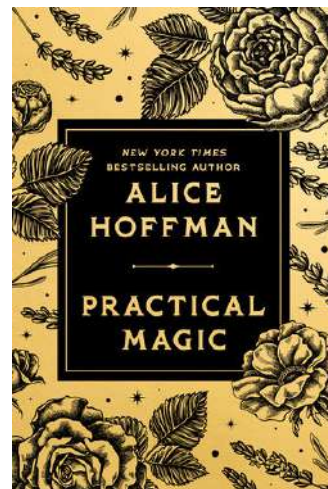
Directions:

1. Combine **chicken**, **white rice**, **celery**, **carrots**, **onion**, and **garlic** in a **large pot**. Add the **chicken stock** and bring to a **boil** over high heat. Once the soup is boiling, reduce the heat to keep the soup at a gentle **simmer**.
2. As the soup simmers, skim off any **foam** that collects on the surface with a spoon. Continue to **simmer** until the rice and vegetables are tender, about **25 minutes**.
Remove the soup from heat.
3. Remove the **chicken** using a slotted spoon or tongs. Transfer the **chicken breast** to a bowl and **shred** with two forks. **Discard the bones**. Return the **shredded chicken** to the **pot**.
4. Stir in the **lemon juice** to the soup and taste. Add salt or lemon juice as needed.
5. Divide among bowls. **Optional:** sprinkle some parsley on top. Leftovers will keep for about a **week refrigerated**, or up to **3 months frozen**.

Our Book Pick of the Month

Practical Magic by Alice Hoffman

Sisters Sally and Gillian Owens are raised by their eccentric witch aunts who must grapple with their family's legacy of magic while trying to blend in to "normal" society.



ANSWER KEY

2	3	7	4	6	8	9	1	5
4	8	5	7	9	1	2	3	6
1	9	6	2	3	5	8	4	7
9	5	1	3	8	4	7	6	2
8	6	2	1	7	9	4	5	3
3	7	4	5	2	6	1	9	8
7	2	9	6	1	3	5	8	4
6	4	8	9	5	2	3	7	1
5	1	3	8	4	7	6	2	9



Word Scramble Answers:

• FOOTBALL

• GHOST

• PUMPKIN

• CIDER

• AUTUMN

• HALLOWEEN



ANSWER KEY

E	O	O	O	G	N	T	E	N	I	P	R	P	Y
P	R	E	P	A	C	K	A	G	E	D	N	P	E
R	A	L	T	E	R	N	A	T	I	V	E	S	N
A	E	O	K	P	Y	C	E	V	U	O	T	C	B
E	R	E	L	C	O	U	P	O	N	S	A	B	U
B	U	L	K	G	O	C	D	E	N	N	A	C	D
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T	B	O	E	S	L	R	E	C	I	P	E	S	E
I	N	V	E	N	T	O	R	Y	T	R	U	E	R



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From the Council

Join Us for our 50th Anniversary Year

Starting in October 2025 through September 2026, we will be marking our 50th year with various celebrations and special opportunities to get involved. Stay tuned to learn more about how to join us for the occasion.

Print Monthly Meal Menus at:

www.DuPageSeniorCouncil.org/Home-Delivered-Meals-Menus

www.KaneSeniorCouncil.org/Meals-On-Wheels



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