

The beginning of a new year finds many of us resolving to make better choices when it comes to spending our money and our calories. Following are some suggestions you can use to help you spend wisely. Enjoy! Jan Temple

WAYS TO SAVE MONEY IN 2010

- **Plan meals around what you have on hand and what is a good price in the store.** A good goal is to keep ingredients on hand for at least 5 meals for breakfast, lunch, and dinner.
- **Planned leftovers** help save time and money.
- **Do not buy snack or dessert foods in bulk;** they will not last longer – they will get eaten!
- **Buy grains, canned beans and frozen vegetables in bulk** when they are on sale.
- **Use seasonal produce** for meals and snacks for better value. Right now you can find specials on potatoes, cabbage, carrots, broccoli, apples, pears, and citrus fruits.



- **A general rule of thumb for better buys:** The less processed the food, the lower the cost. Bulk rice is cheaper than boxes of flavored rice. Whole potatoes are less expensive than frozen-fried and boxed instant mashed.



Whole apples are a better value than apple pie or apple bars. Rolled oats are less expensive than packaged cereal or cereal bars. And these items are better for you because they are usually lower in fat, sodium and sugar. They are often higher in fiber.

- **Rice and pasta make great staples** for the pantry and are very low in cost per ounce. They keep for a long time, too.
- **Plan your meals and make a list.** Shop by yourself when you are not hungry or stressed so you can make better decisions.



Source: *Communicating Food for Health*

SHOPPING CHECKLIST FOR LEAST EXPENSIVE HEALTHFUL FOODS

Use this list to plan your meals and snacks before going to the store. Check store flyers, too

Dairy

- ___ Skim milk
- ___ Yogurt



Grains:

- ___ Barley
- ___ Bread
- ___ Cornmeal
- ___ Cream of Wheat
- ___ Grits
- ___ Oatmeal
- ___ Pasta
- ___ Rice



Vegetables



- ___ Baking potatoes
- ___ Broccoli
- ___ Cabbage
- ___ Carrots
- ___ Cauliflower
- ___ Cucumber
- ___ Romaine Lettuce
- ___ Sweet Potatoes
- ___ Tomatoes
- ___ Frozen vegetables, store

brand seasonal vegetables (green beans, corn, summer squash)

Fruits

- ___ Apples
- ___ Bananas
- ___ Grapes
- ___ Oranges
- ___ Seasonal fruit (peaches, plums, berries, etc.)



Protein

- ___ Dried beans, lentils, peas
- ___ Eggs
- ___ Ground meat
- ___ Peanut butter
- ___ Store specials on poultry, fish
- ___ Whole chicken
- ___ Whole turkey



Source: *Communicating Food for Health*

BEEF BARLEY SOUP – 6 SERVINGS

1 teaspoon vegetable oil	15 oz. can diced tomatoes, no added salt
1 cup chopped onions	6 cups water
8 oz. extra lean ground beef*	6 teaspoons low-sodium beef bouillon
1 cup lentils	1 teaspoon garlic powder
1/2 cup pearly barley	1 teaspoon thyme
3 cups frozen mixed vegetables	1 teaspoon oregano



Heat a large pan over medium-high heat. Add the oil and sauté the onions and beef until browned, about 5 minutes.

Drain off the excess fat. Add the rest of the ingredients. Bring to a boil then reduce to a simmer. Cook for 45 minutes. Serve hot.

*Ground turkey breast may be substituted resulting in 12 fewer calories and 1.5 fewer grams of fat per serving. Each 1 cup serving: 303 calories, 6.5 g fat, 2.5 g saturated fat, 0.5 g trans fat, 31 mg cholesterol, 111 mg sodium, 43 g carbohydrate, 9 g fiber, 18 g protein. Cost: \$1.06/serving.

Source: *Communicating Food for Health*

COOKING 6 MEALS AT HOME CAN SAVE OVER 1800 CALORIES PLUS A WEEK'S WORTH OF GROCERIES!

Food and Health Communications prepared a menu for a week's worth of groceries and the meals that you can make from them. One of their strategies was to roast one or two chickens and serve a roasted chicken one night and various meals on the following nights that used the leftover roasted chicken.

Through this process they demonstrated that if you cooked 6 meals from scratch and calculated the difference between eating them in a restaurant versus cooking at home, that you would save enough money to buy basic groceries for a family of 2 to 4 for one week! PLUS you would save enough calories to lose more than a pound. If you think about how much this would save over a year, the results are astounding! You would save more than \$3000 and more than 96,000 calories!

6 Chicken Meals			
	Restaurant	Home	You Save
\$\$\$ Per person	\$69.95	\$6.05	\$63.90
Calories Per Person	3340	1488	1852

Here are some interesting facts they found through their research:

- ✓ The average chicken entrée in most casual restaurants costs about \$12.
- ✓ The average cost of a home-prepared meal is about \$1.
- ✓ The average restaurant entrée contains about 800 calories.
- ✓ The average home cooked meal contains about 400 calories.
- ✓ It actually takes less time to cook quickly at home than to go out to eat!

Source: *Communicating Food for Health*

CHICKEN ENTRÉE SUGGESTIONS

Here is a partial list of entrées you could make using roasted chicken:



- Chicken Stir Fry with Vegetables
- Chicken Noodle Soup
- Chicken with Rice
- Chicken with Pasta and Veggies
- Chicken Chef Salad

Source: *Communicating Food for Health*

HOME-STYLE CHICKEN STEW – 4 SERVINGS

This stew goes well with a large tossed salad.

1 14 oz. can chicken broth	1 cup roasted chicken breast pieces, skinless
2 cups potatoes, diced with skin	2 teaspoons granulated garlic with parsley
2 cups frozen peas and carrots	

Place all ingredients into a large covered microwaveable container. Microwave on full power for 25 minutes or until potatoes are tender. Season the stew with black pepper if desired. Serve hot.



Each 1 1/2 cup serving: 163 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 43 mg cholesterol, 161 mg sodium, 16 g carbohydrate, 3.5 g fiber, 19 g protein. Cost: \$.73/serving.

Source: *Communicating Food for Health*

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and justice for all

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