

# To Your Health

February 2009

## Save Money and Eat Healthy with Spend Smart Eat Smart

Are you spending more and more on food and ending up with less and less? Does the thought of meal planning make your head spin? Do leftovers become mold-covered "science projects" cluttering your refrigerator?

If you answered "yes" to any of these questions, find a computer and log on to the new *Spend Smart Eat Smart* interactive website from Iowa State University Extension. You'll find it at [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings). Besides offering dollar-saving tips, the site includes game-like activities so you can figure your family's cost of food at home, test your smart shopping skills and compare meals prepared at home vs. eating out. You also can watch easy recipe videos,

sign up for e-mail updates, and blog with ISU Extension nutrition specialists.

Spending less on food often means investing time and effort in planning, shopping and preparing food. *Spend Smart Eat Smart* will help you learn skills and adopt habits so you can feed your family nutritious meals for less money.

[www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings)

## Organize Your Leftovers for Nutritious, Cost Efficient Eating

Research shows that the average household wastes 14 percent of their food purchases - which can be as much as \$2,000 for a family of four.

There are ways to reduce food waste and use mealtime leftovers.

- Think of them as "planned-overs" instead of leftovers.
- Use see-through storage containers for refrigerated leftovers.
- Use leftovers in next-day breakfasts, lunches, snacks or dinners.
- Label, date and freeze leftover main dishes in meal-size servings.
- Write the date on packaged foods before storing in freezer of cupboard.
- Arrange canned, packaged foods in cupboards so the oldest items are in front; use those first.
- Post a written inventory of what's in your freezer; keep it up to date. Designate a specific area in the freezer for ready-to-reheat leftovers.
- Include leftovers in menus.
- Check the refrigerator shelves and freezer inventory list before going to the store. Make a shopping list of necessary items to complement the leftovers.

## Enjoy Nutrient-Rich Value For Your Produce Dollar

Smart shoppers know to look for fresh fruits and vegetables in season and on sale. They also know that there are some super healthy produce items that are as inexpensive as they are tasty. Check out these deals the next time you plan menus and shop.

**Dried beans, peas, and lentils.** Beans are a vegetable? Yes, indeed. Legumes (black beans, kidney beans, pintos, chickpeas, red and green lentils, split peas, etc.) do double duty. They count in two food groups: vegetables and protein (as in lean meat/poultry/fish and beans). Canned (cooked) beans are convenient. Open, pour in a colander to drain, rinse with water, and use. The real bargains are in dried beans. They take an overnight or quick soak (see the package of beans or peas), and a couple hours to cook. Cooked beans or peas can be used in soups, chili, tacos, burritos, or baked beans.

**Yams and sweet potatoes.** Different names, basically the same vegetable. Packed with fiber, potassium, vitamins A, C, and phytonutrients, these tasty tubers are nutrition powerhouses. They can be baked, mashed, and turned into baked 'fries. (Wash, slice, toss with a little olive oil and your favorite seasonings, then bake for 30 minutes on a baking sheet in a 425 degree oven.)

For more information on smart buys when it comes to vegetables, check out "Spend Smart. Eat Smart. - Vegetables."

[www.extension.iastate.edu/Publications/PM2066DX.pdf](http://www.extension.iastate.edu/Publications/PM2066DX.pdf)

Tired of the same old breakfast?

Check the refrigerator ... eggs, flour tortillas, cheese, salsa ... You have just what it takes for -

### Breakfast Burritos

Makes 2 servings, 1 burrito each

2 eggs

2 tablespoons nonfat or lowfat milk

2 6-inch flour tortillas, warmed

2 tablespoons shredded lowfat cheddar cheese

$\frac{1}{4}$  cup salsa

WASH hands. BEAT together eggs and milk in a small bowl. LIGHTLY COAT skillet with nonstick cooking spray. Pour egg mixture into pan and cook, stirring constantly, over medium to low heat until eggs become firm. Remove from heat (eggs will continue to cook).

SPOON half of egg mixture down center of each tortilla. Top each with half of the cheese. FOLD or roll tortilla and serve with salsa.

*This hot breakfast is can be wrapped in foil or parchment and taken with you if time is short. Using whole wheat tortillas is an easy way to increase your whole grains. If you want to cut back on fat and cholesterol, substitute 2 egg whites for a whole egg. Use fresh salsa to reduce sodium.*

Nutrition Facts per serving: 210 calories; 9g fat, 3g saturated fat; 215mg cholesterol; 520mg sodium; 20g total carbohydrate, 2g dietary fiber, 3g sugars; 12g protein

Source: *Food and Fun for Healthy Families*, ISU Extension 2000 Nutrition Calendar

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