

Eating Smart

Low Cost and Healthy Food!

The Bargain Hunter

Saving money at the grocery store can be a challenge. It can also be fun!

Here are some ideas to get you started:



- \$ Plan, plan and plan!** Check the ads in your local newspaper to see what is on sale. Plan meals for the week. Plan healthy snacks for the week.
- \$ Check your refrigerator and cupboard before going to the store.** Plan meals using the foods that you have. Don't throw away what you could use. The most expensive food we buy is the food we throw away.
- \$ Collect low cost recipes.** Get a notebook and write down your favorite recipes. **Include your simple meal ideas.** You may not forget how to make these meals, but you could forget to make them.
- \$ Cozy up to your kitchen.** Eat meals at home more often. More than half of our food dollars are spent on food eaten away from home. **You can save a lot of money by cooking at home.**
- \$ Shop with your list!** Make a list and stick to it. Grocery stores want you to buy foods on impulse. Your shopping list will keep you on track and within your budget.
- \$ Avoid habit buying!** You may be missing some bargains if you always buy the same items at the grocery store. Look at all the shelves. There may be new products that are cheaper.
- \$ Try store brands of your favorite foods.** Store brands are an easy way to save money. They usually cost less than name brands and taste as good.
- \$ Buy food at the grocery store.** Check the prices at your local stores. Cleaning products and paper products may be cheaper at stores other than the grocery store.
- \$ Shop when you have time.** Do your major grocery shopping on early Saturday or Sunday mornings. The store will be well stocked and not crowded.
- \$ Look at the top and bottom shelves in the grocery store.** Store brands and the best buys are often placed away from your eye level.

Beef Veggie Soup

1 pound lean beef roast cut into small cubes
1 (16 ounce) package frozen broccoli,
green beans, onion and red pepper
1 (28 ounce) can chopped tomatoes
1 (14 ounce) can beef broth
2 tablespoons dried basil or oregano

Cook beef cubes in a large saucepan until browned, about 5 to 10 minutes.
Season the meat with salt and pepper.

Add vegetables, tomatoes, beef broth and herbs to cooked meat.

Bring to a boil. Reduce heat and simmer for 30 minutes. Serve hot.

Makes 10 cups
1 serving (1 cup) – 111 calories, 3.5 grams fat, 1 gram fiber



February is National Heart Health Month!

Help keep your heart healthy by looking for ways to lower the amount of salt you eat.

Start by reading the nutrition label on the ready-made spaghetti sauce that you use. It's a great time saver, but may also be high in sodium. Next time you're at the store, look for spaghetti sauce that has about 350 mg or less of sodium per ½ cup.

Frozen Veggie Bargains

Frozen vegetables are a great buy!
When fresh vegetables are out of season and cost too much, use frozen vegetables.

Frozen vegetables can even have more nutrition than fresh vegetables.
They are picked when fully ripe and quickly frozen to preserve their nutrition and flavor.

You can save money by reducing waste when using frozen vegetables.

Open a bag and use only what you need. Close the bag tightly and return to the freezer as soon as possible. Remember – the most expensive food you buy is the food that you throw away!

Frozen vegetables can add variety to your meals. Tired of opening cans of corn or green beans for your family?

Try a new blend of vegetables for dinner:

- ✗ Broccoli, cauliflower and carrots
- ✗ Broccoli, green beans, onions and red peppers
- ✗ Cauliflower, broccoli and red peppers
- ✗ Brussel sprouts, cauliflower and carrots
- ✗ Carrots, peas, corn, green beans and lima beans
- ✗ Zucchini, cauliflower, green beans, lima beans and carrots

Stir fry your favorite veggie blend. Start by heating 1 tablespoon olive oil in a large skillet. Add veggies and season with:

- ✗ Dash of soy sauce and garlic powder.
- ✗ Shredded cheddar or parmesan cheese
- ✗ Low fat Italian or Ranch salad dressing.