

Eating Healthy on a Budget

Look inside for:

- **Get Healthy CT Online Resources**
- **Tips for Keeping Your New Year's Resolutions**
- **Hacking Your Snacks (English/Spanish)**
- **Make it at Home**
- **Eating Better on a Budget (English/Spanish)**
- **101+ Ways to Save Food Dollars**
- **Cheap and Healthy Shopping List**
- **Monthly Recipe: Holiday Ravioli (English/Spanish)**
- **Monthly Health Challenge: Drink More Water (English/Spanish)**

For more information on ways to lead a healthier lifestyle visit our website GetHealthyCT.org

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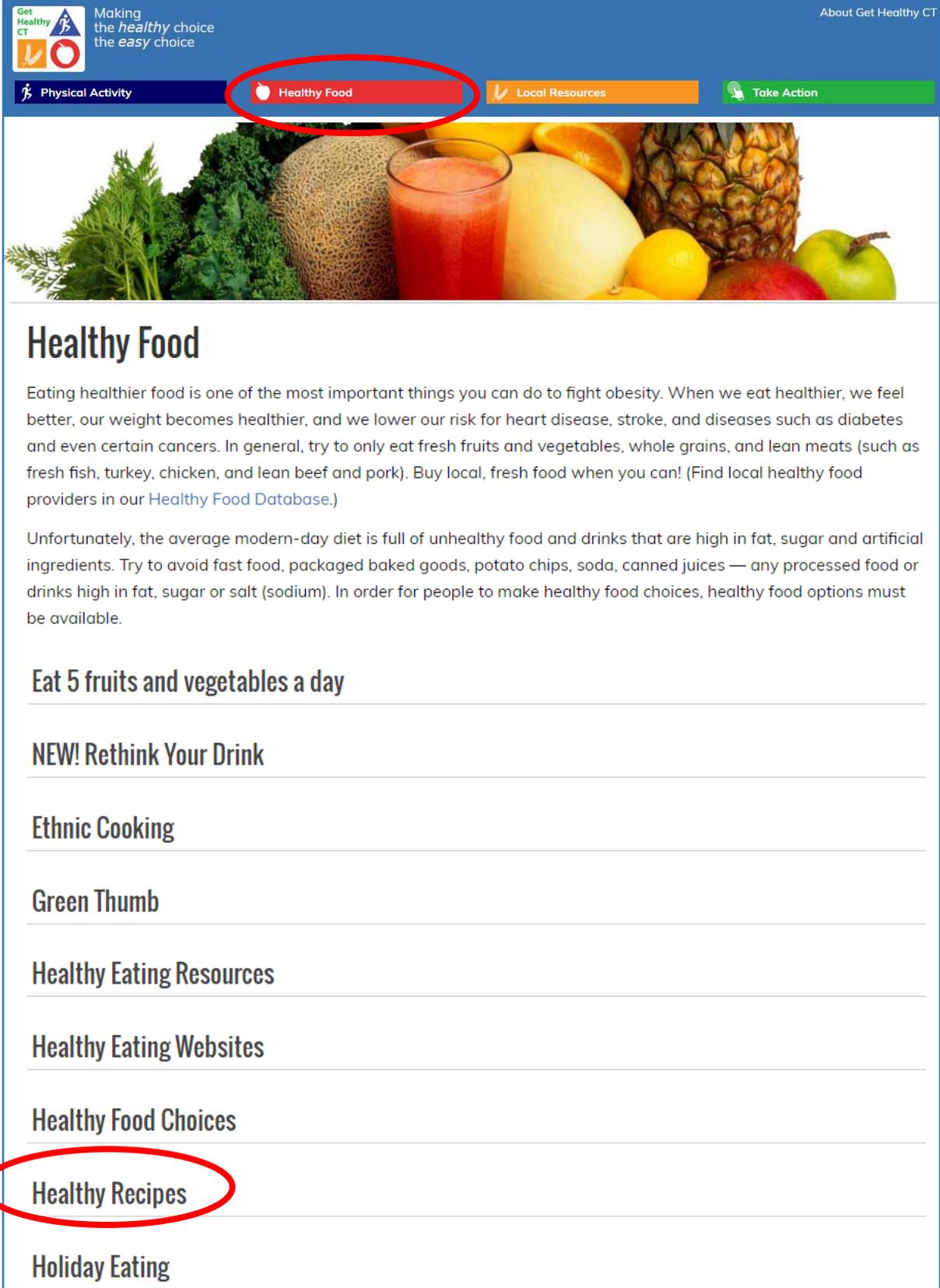


January 2018



Visit the Healthy Food section of www.GetHealthyCT.org today to learn healthy eating tips for the New Year, including many healthy and delicious recipes.

Most recipes are available in Spanish.



Get Healthy CT Making the *healthy* choice the *easy* choice About Get Healthy CT

Physical Activity **Healthy Food** Local Resources Take Action



Healthy Food

Eating healthier food is one of the most important things you can do to fight obesity. When we eat healthier, we feel better, our weight becomes healthier, and we lower our risk for heart disease, stroke, and diseases such as diabetes and even certain cancers. In general, try to only eat fresh fruits and vegetables, whole grains, and lean meats (such as fresh fish, turkey, chicken, and lean beef and pork). Buy local, fresh food when you can! (Find local healthy food providers in our [Healthy Food Database](#).)

Unfortunately, the average modern-day diet is full of unhealthy food and drinks that are high in fat, sugar and artificial ingredients. Try to avoid fast food, packaged baked goods, potato chips, soda, canned juices — any processed food or drinks high in fat, sugar or salt (sodium). In order for people to make healthy food choices, healthy food options must be available.

- [Eat 5 fruits and vegetables a day](#)
- [NEW! Rethink Your Drink](#)
- [Ethnic Cooking](#)
- [Green Thumb](#)
- [Healthy Eating Resources](#)
- [Healthy Eating Websites](#)
- [Healthy Food Choices](#)
- [Healthy Recipes](#)
- [Holiday Eating](#)

Tips for Keeping Your New Year's Resolutions

How to Make Your Yearly Resolutions Stick



By, Kirsti A. Dyer MD, MS, FT, CWS – Columbia College

New Year is a time for new beginnings. These may include making resolutions. This year discover ways to help you make New Year's resolutions or goals that will stick. Many people use the start of a New Year as a reason to commit to change.

People have great hopes of changing what they do not like about themselves, yet within a couple of weeks after New Year, they have broken or given up on their New Year's Resolutions. One of the main reasons is because the goals that they set are too vague or too unrealistic. Goals like wanting to quickly lose 50 pounds, paying off credit card debt in a month, exercising 2 hours a day or suddenly start eating healthy foods all of the time may be difficult for people to achieve.

Quick Tips to Keep Healthy New Year's Resolutions

The key to keeping one's New Year's Resolutions involves picking a realistic goal, taking small steps towards that goal and learning to take slip ups in stride.

- Pick one thing that you want to change or set one goal that you want to accomplish.
- Take small steps, or make small changes every day to incorporate that change into your life.
- Be sure to congratulate yourself for making these small changes.
- Learn to take setbacks in stride and recommit to your goal.

Perhaps one of the best New Year's motivators is the quote by Chinese philosopher, Lao tzu who wisely said in *The Way of Lao-tzu*, "A journey of a thousand miles begins with a single step."

Keys to Making a Successful Resolution

Many years ago researchers Miller and Marlatt at the University of Washington discovered there were key steps to making a successful resolution. These researchers discovered that people who were successful in keeping their resolutions:

- Had a strong initial commitment to make a change
- Had coping strategies to deal with problems that will come up
- Kept track of their progress

Miller and Marlatt discovered that the more monitoring a person does and the more feedback the person is getting about their progress, the better they will do. Another key element in making a successful resolution is the person's confidence that he or she is able to commit to making the change and then can change their behavior. They emphasized that "resolutions are a process, not a one-time effort that offer people a chance to create new habits."

Tips to Help You to Keep Your New Year's Resolutions

The American Psychiatric Association (APA) offers the following tips to help families and individuals keep their resolutions for a healthy mind and healthy life.

- *Don't make too many resolutions.* Pick a realistic, attainable goal with a reasonable time frame.
- *Choose your own resolution.* Make sure your goal is something that you want to accomplish for yourself and not just for friends or family.
- *Make a plan and write it down.* Plan what you'd like to accomplish in a certain period of time, like three months. Achieving small goals over time gives you a sense of accomplishment and motivation to keep going. Writing your goals down is a good way to keep track of your progress.
- *Involve friends and family.* They can support your efforts, and can motivate you to keep going.
- *If you get off track, forgive yourself.* Review your plan and make adjustments.
- *Congratulate yourself.* Reward yourself when your intermediate goals or resolutions are met.

Make Intentions or Set Goals Rather than Making Resolutions

Some people find the language they use to make their New Year's Resolutions may help them stay on track. Instead of referring to them as "resolutions" think of them as "goals" or even better "intentions" that you make to commit to change.

Most Important Point to Help Keep a New Year's Resolutions

The APA points out that a person needs to decide if they are truly ready and willing to make a life change. Simply deciding to make the change as part of a New Year's resolution is often not enough motivation to result in achieve the goal.

After deciding upon a resolution, come up with an action plan for achieving the goal. Consider listing the ways achieving the goal will help improve life. For many people keeping the eye on the prize, the top of the hill or a goal at the end will make it more likely to that they keep going.

The bottom line to keeping your New Year's Resolution involves:

- Setting a realistic goal or deciding on a realistic intention.
- Taking small steps daily towards that goal.
- Having a plan for dealing with missteps.
- Congratulate yourself for taking small steps and making small changes.

Good luck in making and keeping your New Year's Resolution, or New Year's Intention. Remember to take it one step at a time and you'll reach that goal.



MyPlate
MyWins

Hacking your snacks

Planning for healthy snacks can help satisfy hunger in between meals and keep you moving towards your food group goals.



Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.



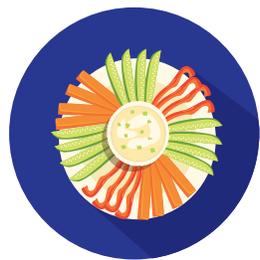
Prep ahead

Portion snack foods into baggies or containers when you get home from the store so they're ready to grab-n-go when you need them.



Make it a combo

Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.



Eat vibrant veggies

Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, tzatziki, guacamole, or baba ganoush.



Snack on the go

Bring ready-to-eat snacks when you're out. A banana, yogurt (in a cooler), or baby carrots are easy to bring along and healthy options.



List more tips



MiPlato 
MisVictorias

Organización de los refrigerios

Planear refrigerios sanos puede ayudar a saciar el hambre entre comidas y permitirle cumplir con los objetivos de los grupos alimenticios.



Prepárelo usted mismo

Prepare su propia mezcla energética con nueces sin sal y agregue semillas, frutos secos, palomitas de maíz o unas pocas pepitas de chocolate.



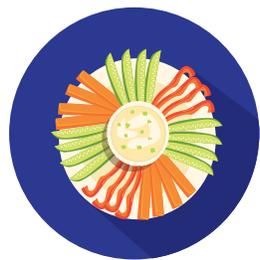
Prepare con antelación

Divida los refrigerios en porciones, en bolsas o recipientes, al volver a casa después de hacer la compra para que estén listos para llevar cuando los necesite.



Combinelos

Combine varios grupos alimenticios para crear refrigerios que satisfagan: yogur y bayas, manzana con mantequilla de cacahuate, galletitas de cereal integral con pavo y aguacate.



Coma vegetales interesantes

Dé vida a las vegetales crudas con salsas. Pruebe a untar pimientos, zanahorias o pepinos en hummus, tzatziki, guacamole o salsa de berenjena.



Refrigerios para llevar

Lleve refrigerios listos para comer al salir de casa. Un plátano, yogur (en una hielera) o zanahorias pequeñas son opciones sanas fáciles de llevar.



Listar más consejos

With the high price of restaurant and take-out food, try making it at home instead. You can choose to buy healthy foods for your family and prepare them together. You can control your food dollars too by preparing and cooking just what you need. Get the whole family involved in planning and preparing the meal. You have control when you make it at home.

Save money by making it at home.

For example, here are the costs for pizza:

12-inch pizza	
Made at home	\$3.00
Frozen store brand	\$3.89
Take Out	\$10.00

Make-at-home burritos

Everyone can make their own!

Ingredients:

Canned beans or cooked chicken

Whole wheat tortilla

Lettuce, chopped tomato, cheese, salsa, onions, peppers

1. Heat beans or chicken.
2. Fill a whole wheat tortilla with a small amount of beans or chicken.
3. Add your favorite toppings.

Serve with a glass of non-fat milk and a piece of fruit.

Make-at-home Sandwich or Sub

Make a sub at home to take to work or school. Buy whole wheat sub rolls or pita bread.

Fill with:	Add some crunch:
• tuna,	• lettuce,
• hummus,	• celery,
• peanut butter, or	• shredded carrots,
• lean meat like turkey.	• cucumber slices



Children can help!

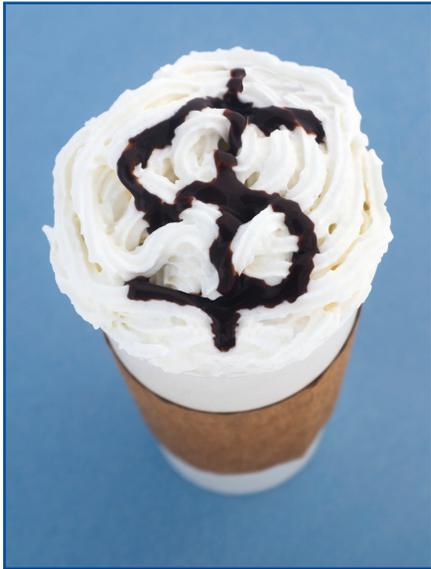
Children are more likely to eat meals they've helped prepare. Here are some of the things kids can do:

- Wash fruit and veggies
- Tear lettuce
- Mix ingredients together
- Get ingredients for the recipe
- Measure flour, salt, spices, and other ingredients

Make pizza at home with your kids

Pizza is a fun and fast way to get kids involved. You can buy a pre-made crust, sauce, and cheese. Chop up your favorite veggies or fruit for toppings. Let your child decorate several slices with her choices. Bake and enjoy as a family!

Bring it from Home



It's easy to stop to pick up a coffee or another drink when you are out. You can save a lot if you take a few minutes to make it at home or fill your water bottle before you leave.

A water bottle costs between \$3 and \$8. It will pay for itself in three to eight days. Bringing your own water will save you at least \$250 per year.

Buying five coffees per week will cost you \$325 per year! Make it from home and pack it in a travel mug for \$26 per year.

Ways To Save:

	Take-out	From Home
Coffee	\$1.25 - \$2.00 (small)	\$.10 - \$.15
Water	\$1.00 - 1.59 (bottled)	\$ 0

Want to learn more?

Would you like more ideas about healthy cooking at home with your family? Call the Nutrition Connections staff in your county at:

Belknap 527-5475

Hillsborough 641-6060

Carroll 447-3834

Merrimack 796-2151

Cheshire 352-4550

Rockingham 679-5616

Coos 788-4961

Strafford 749-4445

Grafton 536-3720

Sullivan 863-9200



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-852-3345 x9700.

Visit our web site at www.extension.unh.edu

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Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.



Comer mejor dentro del presupuesto

¡Haga rendir su presupuesto de comidas! Hay muchas maneras de ahorrar dinero en la comida. Los tres pasos principales son planificar antes de comprar, comprar los artículos al mejor precio y preparar comidas que hagan rendir su presupuesto.

1 Planificar, planificar, planificar
Antes de dirigirse al supermercado, planifique sus comidas de la semana. Incluya comidas como guisos, cazuelas o sopas, las cuales hacen rendir los productos caros en más porciones. Verifique cuales ingredientes tiene y haga una lista de los que necesita comprar.



2 Obtenga el mejor precio
Busque ofertas y cupones en el periódico local, internet o supermercados. Para lograr ahorros adicionales, pregunte por tarjetas de afiliado en la tienda donde hace sus compras. Busque ofertas en carnes y productos marinos, los cuales a menudo son los productos más caros de su lista.

3 Compare y busque diferencias
Busque el "precio unitario" mostrado en el estante, directamente debajo del producto. Utilícelo para comparar diferentes marcas y tamaños del mismo producto y determinar que es una compra mejor.

4 Compre a granel
Casi siempre es más barato comprar alimentos a granel. Buenas elecciones son contenedores grandes de yogur bajo en grasa y bolsas grandes de vegetales congelados. Antes de comprar, recuerde verificar si tiene suficiente espacio en el congelador.



5 Compre de acuerdo con la estación
Comprar frutas y vegetales de temporada puede disminuir el costo y añadir productos frescos. Si no va a utilizarlas inmediatamente, compre las que necesitan tiempo para madurar.

6 Costos de conveniencia... regrese a lo básico
Los alimentos procesados como cenas congeladas, fruta y vegetales cortados y comida para llevar frecuentemente cuestan más que si lo prepara en casa. Ahorre preparándolos usted misma.

7 Impacto en su bolsillo
Ciertos alimentos son opciones de bajo costo durante todo el año. Ensaye con los frijoles para obtener comidas baratas con proteínas. Para vegetales, compre repollo, camotes, o tomates enlatados bajo de sodio. En cuanto a las frutas, las manzanas y los plátanos son buenas opciones.



8 Cocine todo de una vez... coma durante toda la semana
Prepare lotes grandes de sus recetas favoritas en su día libre (doble o triplique la receta). Congele en recipientes individuales. Utilícelos durante toda la semana y no tendrá que gastar dinero en comidas para llevar.

9 Que sea creativo con las sobras
Utilice las sobras en nuevas formas. Por ejemplo, pruebe el pollo sobrante frito, en una ensalada o haga aji de pollo. Recuerde, desechar alimentos es tirar el dinero.

10 Comer afuera
Los restaurantes pueden resultar caros. Ahorre dinero obteniendo promociones especiales, salga a almorzar en lugar de ir a cenar, o busque ofertas de "2 por 1." Pida agua en lugar de otras bebidas, las cuales suman a la cuenta final.

101+ Ways to Save Food Dollars

Plan

1. Take time to plan your meals and make a grocery list. This usually takes less time than the time spent going back to the store for a forgotten item.
2. Keep paper and pencil in the kitchen to list foods you need.
3. Check kitchen cabinets and refrigerator when making your grocery list.
4. Before going to the grocery store, plan a weekly menu of favorite dishes using healthy foods.
5. Plan some meals without meat. Use dried beans, eggs, or peanut butter as a main dish.
6. Read the weekly food section and check the Sunday newspaper to see what is on sale.
7. Plan your meals to use seasonal foods such as oranges in the winter and peaches in the summer.
8. Finish your grocery list before going shopping. The best memory does not substitute for a well-planned list.
9. Use a grocery list to help manage your stress. For example, do you really like to strain your coffee through a paper towel when you are out of filters?

Shop

10. Shop only once a week. The more trips to the store, the more money you spend. It is hard to purchase only a few items on any trip to the grocery store.
11. Keep in mind that items from convenience stores often cost more.
12. Pick the grocery store with the best prices for foods you buy.
13. Think of mileage. Shopping at many stores may not be worth the extra time and gasoline cost.
14. Check out dollar stores. Canned fruit and snack crackers can be purchased here cheaply.
15. Find a local farmers' market. Fruits and vegetables tend to be fresher and cheaper.
16. Purchase foods at low-cost stores such as food cooperatives or warehouse food stores.
17. Look for grocery stores that offer extra savings on "Seniors Day."
18. Find stores with super food sales during special times such as "Friday and Saturday Blow-out Sales" or "10 Items for \$10."
19. Know when to stick to the shopping list. The only time to go off the list is when you can get a good buy such as store sales and double coupon offers.
20. Know when not to use the list. Take the farmers' market approach with fruits and vegetables. Buy what is fresh, cheap, and in season. Adjust your menu to fit these finds.
21. Don't go down every aisle when you shop.
22. Do not shop when you are hungry because you will buy extra food. Better yet, have a small snack before shopping so you won't buy a candy bar at checkout.
23. Shop without your children. Unwanted items can creep into the cart with too many "helping hands." Take turns with a friend for child care.



24. Shop early when the store is not crowded. You will get through the store faster and spend less.
25. Shop when you are not in a hurry. Take the time to compare the price of similar foods and purchase the cheapest. For example, which is cheaper, fruit cocktail or pears? Would it be cheaper to buy an item fresh, frozen, or dried?
26. Bring only the cash you have budgeted to the store. Decide how much you can spend weekly. Bring only that amount with you so you will not be tempted to spend more money.
27. Avoid buying sample foods. Some stores offer "try something new" samples to get you to buy the food. If the food is not on your list, do not buy it. Think about it for a future list when you can use the food in your menus.

Buy

28. Upon entering the grocery store, check store flyer for sale items and stock up!
29. In place of national brands, buy store brands when the taste and quality suit your needs. Compare brands!
30. Compare the unit price of food items. The cost per ounce or per pound helps find the best value.
31. Check the unit price of different size containers of the same food. The largest container is not always the cheapest.
32. Buy items by-the-case to save a lot of money. Make sure you have storage space for the food items.
33. When buying large amounts of food, split the food and cost with a friend. You both will save money.
34. When available, buy bulk foods for about 2 weeks at a time.
35. Avoid buying large amounts of foods that will go bad quickly. Spoiled food is a waste of money.
36. Buy family packs of meats, cheese, poultry, and luncheon meats. Divide into servings, freeze, and use as needed.
37. Buy foods in season to save money. When fruits and vegetables ripen, grocery stores are flooded with these low-cost fruits and vegetables. You will find something year-round that is in season, which makes it affordable.
38. Smaller-sized fruits and vegetables may be cheaper than larger ones.
39. Instead of buying canned fruits and vegetables in large pieces, buy these foods canned in smaller pieces. For example, pineapple chunks and diced tomatoes usually cost less than pineapple rings and whole tomatoes.
40. For best buys of healthy foods, stock up on fruit juices, milk, grits, peanut butter cookies, and popcorn for snacks. Avoid junk foods.
41. Avoid buying single servings of such foods as snack crackers, vegetable juice, and ice cream.

42. Avoid buying foods packaged together, such as cheese and crackers, meat and cheese trays, and frozen garlic cheese bread, when you can buy the items separately for less.

43. When shopping for food, buy nonfood items only if you have extra money for them.

44. Check *sell by* and *use by* dates to be sure you buy fresh foods.

Use Coupons Carefully

45. Be careful when using coupons.
46. If you can save 25 or 50 cents off the price of something you already use, go for it.
47. To use coupons, you usually have to go to a common supermarket, so watch your prices carefully.
48. You can usually buy a food item cheaper at a discount store than you can buy it with a coupon at a big supermarket.
49. If you use a coupon to buy an item you do not need and would not have bought otherwise, you will be spending money you could have spent somewhere else.
50. In the store, use point-of-purchase coupons if the food item fits into your meal plan.
51. Take advantage of manufacturer's rebates by mailing in coupons.
52. Bottom line? Use coupons when they will help you save, but do not become a coupon junkie.

Track

53. Know the regular prices of items you usually buy. A sale will then be easy to spot.
54. Make a cheat sheet so you will know what you usually pay for an item that you use a lot.
55. Remember the trick is to buy on the markdowns. You don't have to change your habits. Just buy when items are at low cost.

56. Sometimes, *buy one, get one free* is not a lot cheaper because the cost of the first item is too much.

57. Make sure all purchases are rung up correctly.

58. Use itemized food receipts when checking out to help track food costs.

59. Divide grocery bill into food and nonfood items to get the cost of food. To make it easy, separate food items and nonfood items when checking out.

60. Compare prices of nonfood items at the grocery store with the same item at a discount store.

Choose Bargains

61. Give those grocery shelves the once-over. Grocery stores put items they most want to sell on the shelves between knee- and shoulder-height. The highest markup items are the ones about chest level. These are easy to grab and toss in the cart.
62. Stick to the edges. In general, the healthier, less processed foods are at the edges of the grocery store. These foods - fruits and vegetables, dairy and meat - are healthy and also go further in the kitchen.
63. Check the clearance section of the grocery store for items such as soap, cereal, and household products. These items may be piled in shopping carts throughout the store. Only buy if you know it is a good deal. Do not buy cans with dents.
64. Shop when the store opens to find the marked down meats. You must come early because the meats get snapped up quickly. Either cook the meat and eat it the same day or freeze it for later use.
65. Shop for meats carefully. Bones and fat on meat cost a lot of money. It is hard to compare prices of meats with bones and extra fat.
66. Use leftover meats for sandwiches instead of buying packaged sandwich meats.
67. Buy day-old bread from the quick sale table or, if available, a bakery outlet. Toast or freeze it for good eating.

68. Buy plain breads and cereals. They are usually better buys than fancy breads and cereals.

69. Buy regular rice. It is usually a better buy than quick cooking rice or fancy rice blends.

70. Quick cooking oatmeal and grits are less expensive and almost as fast as the single serving instant cereals.

71. Buy a head of lettuce and wash it instead of buying lettuce in a bag.

72. Look over all fresh fruits and vegetables. If you are paying full price, make sure all perishable foods are in top shape.

73. Ignore the checkout display. This is the store's last attempt to take your money. Consider checking out magazines at the library. If you ate a snack before shopping, you will be able to resist buying a candy bar.

Keep Food Safe

74. In the grocery store, shop for cold items last. These are frozen vegetables, meats, dairy products, and salad bar ingredients.

75. Try to get cold foods packed together in a bag when checking out. To make it easy, place all meats together, all frozen foods together, and all dairy foods together. When these foods are sacked together, they are easy to spot when you get home.

76. Lessen the time foods are in the car. Keep perishables out of direct sunlight or out of a hot trunk.

77. Put foods away quickly when you get home. Find grocery sacks with the cold items that need to be refrigerated first.

78. Examine bags of potatoes, onions, and fruits. Throw out bad ones. Store potatoes and onions in a cool, dry place. Store fruits and other vegetables in the refrigerator.

79. Go through kitchen cabinets regularly to make sure canned and packaged foods are used before expiration dates.

Prepare at Home

80. Make large amounts of recipes that freeze well such as spaghetti sauce, chili, and soups. Label and freeze them for later use.

81. Recycle the roast! Purchase a large roast on sale. Cook and eat some of it the first night. Freeze the rest for later.

82. Cook a whole chicken and use for more than one meal.

83. Stretch ground meat with bread crumbs, oatmeal, or tomato sauce.

84. Bake more than one item while the oven is hot. You can cook the main dish, dessert, vegetables, quick breads, or other foods at the same time if they are to be cooked at the same temperature.

85. Do not leave food in the oven overnight. Cooked foods, such as meats, could make you very sick when left at room temperature for more than 2 hours.

86. For drinking, use nutritious, low-cost instant nonfat dry milk. Thoroughly chill it before drinking for better taste.

87. For cooking, use dry milk in place of the more expensive regular milk. Store the box of powdered milk in a large baggie in the freezer. Keep a measuring cup in the plastic bag to make mixing easy.

88. To make milk go twice as far, mix an equal part of instant nonfat dry milk made by the directions with an equal amount of regular milk.

89. Make your own mixes for biscuits, pancakes, and other prepared foods. Already prepared mixes sometimes cost a lot more than homemade mixes.

90. If you are unable to eat ripe bananas right away, use them in muffins. Or freeze the entire banana in the peel for later use. A frozen banana turns black and looks gross but it is safe.

91. Make extra pancakes. Wrap separately, freeze, and reheat in a toaster or microwave.

92. Save bread ends and crusts. Toast them when baking something else. Crush to make bread crumbs; store in the freezer.

93. Make desserts from scratch. They are usually cheaper than store-bought ones.

94. Make iced tea from scratch. Premade iced tea in jugs is expensive; iced tea in bottles is even more expensive.

95. Use a toaster oven, if you have one, when only a small amount is to be baked.

96. Use an electric skillet, if you have one, to "bake" a chicken or roast or to make spaghetti sauce. It is easy to drain the fat from meat—just tilt the skillet slightly.

97. Choose home-popped popcorn for a snack. It is less expensive than microwave popcorn and much cheaper than chips. Hint: Use an electric skillet for popping. Store leftover popcorn in an airtight plastic bag.

98. Make tasty salads using leftover vegetables, fruit, meat, or cereal.

99. Keep a "soup container" in the freezer. Add all vegetable liquids as well as leftover meats and vegetables to create a delicious soup or stew for next to nothing.

100. Make casseroles to use leftovers and to offer new foods to your family.

101. Make foods from scratch (homemade). It can be cheaper (and healthier) than store-bought, convenience items.

102. Make sure convenience foods are good buys. Some good buys are canned vegetables and frozen juice. Others, such as ready-made pudding, may cost a lot more.

Be Creative

103. Grow your own fruits and vegetables.

104. Grow herbs in a flowerpot or in a windowsill container.

105. Pick fruits and vegetables at U-pick farms.

106. Can or freeze fruits and vegetables in the summer when they are plentiful. Use them in the winter.

Be Smart

107. Waste less. Use all food before it spoils.

108. Store foods correctly. Poor storage can cause dried out, stale, or molded food.

109. Plan for using leftovers.

110. Take your lunch to work instead of buying it.

111. Avoid vending machines. Pack similar items at home in small bags and bring drinks bought by the case.

112. Put together a snack bag of easy-to-eat items to enjoy in the car or at games.

113. Plan snacks for kids. Carrot sticks are cheaper than candy bars.

114. Entertain with potlucks or inexpensive buffets, such as lasagna and salads.

Eating Out

115. Limit eating out. Regardless of the fast food advertisements, it does cost a lot of money.

116. To save gas money, park the car and walk inside to order. You get a little exercise too!

117. Do not upgrade or super size your order. You are only super sizing your bill and your waistline.

118. When ordering, think smaller. It is not a value meal if you are paying for more than you want.

119. Do not load up on side dishes. Share the fries and you will save money and calories too.

120. Order ice water. It is usually free. To make it tastier, order it with lemon.

121. Eat dessert at home. Dessert is one of the most marked-up items on the menu.

122. If eating in, order the smallest size beverage or even a kid size cup. Most fast food places offer free refills.

123. Look between the buns. The patties are usually very small and the vegetables look limp. Your homemade burgers will look better and, even with the vegetables, be cheaper.

124. Cooking extra and freezing the remainder at home is just as convenient as going to the drive-through.

125. Do not forget your pet. The Styrofoam containers that burgers and entrees are packed in make excellent pet dishes. Just wipe out and take home. Cut the top and bottom apart for two dishes—one for the cat and one for the dog. Toss them out when the edges get worn.

If you are eligible, find help.

126. Apply for an Electronic Benefits Transfer (EBT) card through the local Food Stamp Program. Food stamps help single people and families with little or no income to buy food. Look in the U.S. Government pages of the phone book. You can find a listing for food stamps under Social Services Department or Human Services Department.

127. Enroll in the Women, Infants, and Children (WIC) program for supplemental foods for pregnant and breastfeeding mothers and children to 5 years old.

128. Enroll children in the free or reduced meal plan at school. All public schools offer this plan at lunch, and some schools also serve breakfast.

129. Enroll preschool children in a Head Start program.

130. Enroll children in a summer lunch program through the Summer Food Service Program.

131. Visit a local food bank or community food distribution center.

132. Take advantage of soup kitchens.

133. Use meals-on-wheels programs and nutrition centers for weekday lunches.

134. Take free courses in food selection and preparation provided by experts with the Alabama Cooperative Extension System. Also visit your local Extension office for more information on ways to save money. Look under your county section of the phone book for local offices.

135. Make arrangements with a neighbor who fishes for any extras.

136. Call any meat processor during hunting season to see if they have any donated wild game such as venison.

137. Find a neighbor who has a garden and is willing to share or trade.

Sources:

www.frugalliving.about.com
www.lancaster.unl.edu
www.stretcher.com
www.bankrate.com



Barbara Struempfer, *Extension Nutritionist*, Professor, Nutrition and Food Science, Auburn University

The Nutrition Education Program is sponsored by the Alabama Cooperative Extension System and the Food Stamp Program. These institutions are equal opportunity providers and employers. Food stamps help people with little or no income buy food. To find out more, contact a county Food Stamp office or a county Extension office. This material was funded by these agencies.

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!

Cheap *and* Healthy Shopping List

Grains

- Brown or white rice
- Oatmeal
- Barley
- Corn meal or grits
- Store brand pasta

Dairy

- Skim milk
- Yogurt

Protein

- Beans and lentils
- Eggs
- Whole chicken
- Peanut butter
- Specials on fish, meat, poultry

Fruits and Veggies

- Cabbage
- Potatoes
- Romaine
- Leaf lettuce
- Cauliflower
- Carrots
- Zucchini
- Cucumber
- Corn
- Bananas
- Melon
- Oranges
- Apples
- Frozen veggies on sale
- Seasonal specials



9 Overlooked Cost Savers

1. Having the **right ingredients** on hand for preparing meals makes you less likely to dine out.
 2. Some options, such as chicken breast cutlets or ground turkey breast are good because they enable you to **serve less meat per person**.
 3. **Vegetarian** options, such as lentils and rice, or bean soup with vegetables, are hearty and cheap and good for you!
 4. **Cabbage** is often forgotten. You can use it for slaw, tacos, stir fry dishes and more. It is cheaper than lettuce so helps you stretch the budget - buy one head of lettuce and when that runs out serve slaw - or stretch your tossed salad with shredded cabbage.
 5. **Apples and carrots** make great snacks, brown bag treats and side dishes for meals and they are cheap when bought in bulk.
 6. **Grapes** get used better and are great grab and go snacks when you wash them and portion them into baggies in your refrigerator. Choose them instead of chips!
 7. **Potatoes** are underused. You can make oven fries, mashed potatoes, baked potatoes and even pizza with them!
 8. **Coupon clipping** is only good when you are buying things you use on a regular basis otherwise the time is better spent to learn to cook more healthy dishes rather than buy more convenience foods.
 9. The **best place to shop** is often in your own pantry or freezer. Plan meals around using up things you have on hand.
- Search for recipes with these items at www.foodandhealth.com.

Plan Menus By Produce



Here is a new way to plan your meals on the go. Start in the produce section and plan meals based on what you see that looks good and is a good price. Base meals more around fruits and vegetables rather than meat. If you think of 5-6 good dinners and make a few in quantity for “plannedovers” you will usually have enough food to get through a week. Your wallet, waistline and heart will thank you!

Here are some fresh ideas for meals:

- **Pasta with fresh broiled vegetables** in season. Toss pasta and broiled veggies with herbs, broth and a little oil.
- Find a **green veggie to go with baked fish** and rice - usually zucchini or green beans
- **Vegetable to go with chicken** or turkey breast - usually broccoli or zucchini or green beans in a steam bag; can also be winter squash or spaghetti squash
- **Ingredients for salsa** that can be used to make burritos, tacos, fish, chicken as well as a tasty vegetable-consumption-boosting dip for veggies and tortilla chips.
- **Stir fry veggies** - consider carrots, mush-

rooms, spinach or peppers and these can be used for salads and other dishes, too. A stir fry is a great way to use up a lot of leftover veggies at the end of the week, too.

- **Salad**
- **Fruit** for breakfast, snacks and desserts
- **Cabbage** for slaw - and it doubles as a great stir fry ingredient, too.
- **Seasonal produce for risotto** - risotto is a creamy rice dish made with arborio rice, found in most grocery stores. Arborio rice is a short-grain rice that is very inexpensive and it is easy to cook, too! Use 3 cups water to 1 cup rice and add vegetables and seasonings half way through cooking. Stir well to make creamy and serve hot.

Here is a healthy meal using many of the items on the Cheap Healthy Shopping List:



- Turkey burger with lettuce and tomato served on an English Muffin
- Carrot sticks
- Oven fried potato wedges
- Slaw dressed in oil and vinegar with a pinch of oregano
- Fresh berries for dessert

Recipes and pictures are found on our blog at <http://www.foodandhealth.com/blog/>



Holiday Ravioli

Serves 4

Chef Raquel Rivera-Pablo, owner of A Pinch of Salt, graduated with highest honors from the culinary program at the Institute of Culinary Education (ICE) after completing her externship at Le Bernardin in NYC. Chef Raquel served as the nutrition/chef instructor at the West Side Campaign Against Hunger providing patrons of the food pantry with a 12-week hands-on cooking curriculum aimed at teaching healthy, budget-friendly meals incorporating pantry staples with farmer's market produce, while covering culinary lessons like food safety and classical French techniques. Chef Raquel recently ran a pilot, A Pinch of Salt: The Restaurant Edition a free, 12-week, hands-on culinary training for low-income Bridgeport residents aspiring to be chefs and food entrepreneurs. She also created the programming and launched the first three 12-week series of the CREATE Culinary Training Program.

A Bridgeport resident, Chef Raquel provides cooking programming for children and adults at Hall Neighborhood House, YMCA Ralphola Center, Wakeman Boys & Girls Club, LifeBridge/FreshConnections, local senior centers and for the 7 Bridgeport Farmers markets.

Chef Raquel is a board member of the Bridgeport Food Policy Council and a member of the Bridgeport Farmers Market Collaborative.

Ingredients:

1 cup sweet potato puree (no marshmallows)
½ cup of Ricotta cheese
3 tablespoons Parmesan cheese, more as needed
1 cup of cranberry sauce
3-5 Fresh sage leaves
½ stick unsalted
20 Wonton wrappers
Parmesan cheese, as needed
Salt and pepper, as needed



Directions:

1. Line a baking sheet with parchment paper. Place wonton wrappers on baking sheet making sure they do not touch or overlap.
2. In a bowl combine sweet potato puree, ricotta and parmesan cheese. Adjust seasoning as needed with salt and pepper.
3. Apply a tablespoon of filling into the center of each wonton wrapper.
4. Fill a bowl with water. Dip your first two fingers into the water and seal the edges of the ravioli folding the wonton wrappers in half to make triangles. Repeat.
5. Bring a pot of water to a boil. Add 1 tablespoon of salt. Return to a boil. Carefully add ravioli to water and cook for 3-4 minutes.
6. Meanwhile heat up cranberry sauce, thinning with water, apple cider or stock as needed. Reduce until sauce has thickened enough to coat the back of a spoon. Set aside.
7. In another pan add fresh sage and butter, cook until butter browns and is fragrant. Add raviolis and coat well. Add pasta water to bind together.
8. Transfer ravioli to a plate, drizzle with cranberry sauce and sprinkle with more parmesan cheese if desired.

Chef Raquel Rivera-Pablo

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Ravioli de Felicidades

Sirve 4

La chef Raquel Rivera-Pablo, propietaria de A Pinch of Salt, se graduó con los más altos honores del programa culinario en el Instituto de Educación Culinaria (ICE) después de completar su pasantía en Le Bernardin en Nueva York. La chef Raquel fue la instructora de nutrición / chef en West Side Campaign Against Hunger y brindó a los clientes de la despensa de alimentos un plan de cocina práctico de 12 semanas para enseñar comidas saludables y económicas que incorporan productos básicos de despensa con productos del mercado de agricultores, mientras cubriendo las lecciones culinarias como la seguridad alimentaria y las técnicas clásicas francesas. La chef Raquel dirige un programa piloto, A Pinch of Salt: The Restaurant Edition, una capacitación culinaria práctica y gratuita de 12 semanas para residentes de bajos ingresos de Bridgeport que aspiran a ser chefs y emprendedores de alimentos. Ella también creó la programación y lanzó la primera tres cursos de 12 semanas del programa de entrenamiento culinario CREATE.

Residente de Bridgeport, Chef Raquel ofrece programación de cocina para niños y adultos en Hall Neighborhood House, YMCA Ralphola Center, Wakeman Boys & Girls Club, LifeBridge / FreshConnections, centros para personas mayores y para los 7 mercados de Bridgeport Farmers. La Chef Raquel es miembro de la junta del Consejo de Política Alimentaria de Bridgeport y miembro de Bridgeport Farmers Market Collaborative.

Ingredientes:

1 taza de puré de camote (sin malvaviscos)
½ taza de queso Ricotta
3 cucharadas de queso parmesano, más según sea necesario
1 taza de salsa de arándanos
3-5 hojas frescas de salvia
½ palo sin sal
20 envolturas de Wonton
Queso parmesano, según sea necesario
Sal y pimienta, según sea necesario



Direcciones:

1. Cubra una bandeja para hornear con papel pergamino. Coloque las envolturas de wonton en la bandeja para hornear, asegurándose de que no se toquen ni se superpongan.
2. En un tazón, combine el puré de camote, la ricotta y el queso parmesano. Ajuste el condimento según sea necesario con sal y pimienta.
3. Aplique una cucharada de relleno en el centro de cada envoltorio de wonton.
4. Llene un recipiente con agua. Sumerja los dos primeros dedos en el agua y selle los bordes de los raviolis doblando las envolturas de wonton por la mitad para hacer triángulos. Repetir.
5. Pon a hervir una olla de agua. Agregue 1 cucharada de sal. Vuelva a hervir. Con cuidado, agregue los raviolos al agua y cocine por 3-4 minutos.
6. Mientras tanto caliente la salsa de arándanos, diluya con agua, sidra de manzana o caldo según sea necesario. Reduzca hasta que la salsa se haya espesado lo suficiente como para cubrir la parte posterior de una cuchara. Dejar de lado.
7. En otra sartén agregue salvia fresca y mantequilla, cocine hasta que la mantequilla se dore y sea fragante. Agregue los raviolos y cubra bien. Agregue agua de pasta para unir.
8. **Transfiera los raviolis a un plato, rocíe con salsa de arándanos y espolvoree con más queso parmesano si lo desea.**

Chef Raquel Rivera-Pablo

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Monthly Health Challenge: Drink More Water Challenge



Would you like to increase your daily water intake? Follow this 31-day Drink More Water Challenge to feel better on the inside and out! Drinking water has proven to help clear skin, decrease excess body fat and much more.

Tips for completing this challenge:

1. During this 31-day water challenge, you will slowly increase your water intake per day throughout the month with the overall goal to drink 8-8 ounce glasses of water each day.
2. Take note of how many ounces in your water containers. For example, many varieties of bottled water contain the equivalent of several 8 ounce glasses of water. So drinking an entire bottle of water will get you closer to your daily ounce goal.
3. When you are on the go, a travel cup or water bottle with a top, is a great way to carry your water with you.
4. Don't like plain water? Try infusing your water with fruit slices and herbs for a different taste.



*Note: Each glass in the chart below refers to an 8-ounce glass of water.

1 1 glass	2 1 glass	3 2 glasses	4 2 glasses	5 2 glasses	6 2 glasses	7 3 glasses
8 3 glasses	9 3 glasses	10 3 glasses	11 4 glasses	12 4 glasses	13 4 glasses	14 4 glasses
15 5 glasses	16 5 glasses	17 5 glasses	18 5 glasses	19 6 glasses	20 6 glasses	21 6 glasses
22 6 glasses	23 6 glasses	24 7 glasses	25 7 glasses	26 7 glasses	27 7 glasses	28 8 glasses
29 8 glasses	30 8 glasses	31 8 glasses				

Reto Mensual: Bebe más agua



¿Le gustaría aumentar su ingesta diaria de agua? ¡Siga este reto mensual del agua para 31 días para sentirse mejor por dentro y por fuera! El agua potable ha demostrado ayudar a la piel clara, reducir el exceso de grasa corporal y mucho más.

Consejos para completar este reto mensual:



1. Durante este desafío, usted aumentará lentamente su consumo del agua cada día durante el mes con la meta de beber 8 vasos de 8 onzas del agua cada día.
2. Tome nota de cuántas onzas hay en sus vasos o botellas de agua. Por ejemplo, muchas variedades de agua embotellada contienen el equivalente de varios vasos de 8 onzas de agua. Así que beber una botella de agua entera le acercará a su meta de onza diaria.
3. Cuando usted está en el ir, una taza del recorrido o una botella de agua con una tapa, es una gran manera de llevar agua.
4. ¿No le gusta el agua pura? Trate de infundir su agua con rodajas de frutas y hierbas para un sabor diferente.

* Nota: Cada vaso de la siguiente tabla se refiere a un vaso de agua de 8 onzas.

1 1 vaso	2 1 vaso	3 2 vasos	4 2 vasos	5 2 vasos	6 2 vasos	7 3 vasos
8 3 vasos	9 3 vasos	10 3 vasos	11 4 vasos	12 4 vasos	13 4 vasos	14 4 vasos
15 5 vasos	16 5 vasos	17 5 vasos	18 5 vasos	19 6 vasos	20 6 vasos	21 6 vasos
22 6 vasos	23 6 vasos	24 7 vasos	25 7 vasos	26 7 vasos	27 7 vasos	28 8 vasos
29 8 vasos	30 8 vasos	31 8 vasos				