



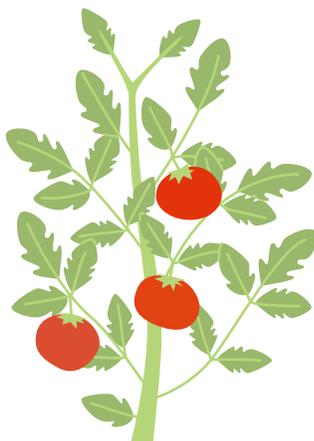
FEEDING YOUR FAMILY

With a little extra planning, your family can eat healthy snacks and meals while sticking to your budget. Here are some budget-friendly and healthy ideas.



Helpful Tips

- ← Always make a shopping list before you shop. Planning ahead saves time and money.
- ▶ When shopping with kids, try to stay focused and buy what is on your list. Have kids help select foods on your list to get them involved and distract them from asking for extra items that may not be on your list.
- ▶ Shop when you are not hungry. You will be less likely to buy things that are not on your list.
- ▶ Purchase prepared foods (like frozen dinners, packaged rice or pasta mixes, breaded or battered meats, and desserts) sparingly. They can be costly, and many are high in salt, added sugars, and unhealthy fats. Instead, find a few simple and healthy recipes that your family enjoys.
- ▶ Save time and money by making one meal for the whole family instead of cooking for each family member.
- ← Grow your own herbs and vegetables in your garden or window box.
- ▶ Have your kids help plan and prepare meals.



Healthy Snacks

- ▶ **Fruit:** Fruits cost less when they are in season. For example, eat oranges in the winter and berries in the summer. Find a local farmers market to save even more money. Keep fruit that is not perishable in a bowl on the countertop so it is within reach.
- ← **Yogurt:** Buy larger tubs of low-fat yogurt. Then divide it into 1-cup servings. Top with whole grain cereal, fresh fruit, or chopped nuts or granola. For children under the age of 4, nuts may be a choking hazard unless finely chopped.



HEALTHY RECIPE SITES

Check these sites for budget-friendly recipe ideas:

- ▶ Academy of Nutrition and Dietetics:
www.eatright.org/food/planning-and-prep
 - ▶ USDA, SNAP-Ed Connection:
<http://snaped.fns.usda.gov/nutrition-education/recipes>
 - ▶ What's Cooking?
USDA Mixing Bowl:
www.whatscooking.fns.usda.gov
 - ▶ American Cancer Society:
American Diabetes Association,
Diabetes Food Hub:
www.diabetesfoodhub.org
 - ▶ American Heart Association:
<http://recipes.heart.org/en>
 - ▶ American Institute for Cancer Research:
www.aicr.org/healthyrecipes
 - ▶ Feeding America:
<http://hungerandhealth.feedingamerica.org/healthy-recipes>
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- ▶ **Eggs:** Keep hard-boiled eggs in the refrigerator for an easy grab-and-go snack.
- ▶ **Trail mix:** Combine nuts and dried fruits with whole grain pretzels or whole grain cereal. Keep small portions in airtight containers.
- ▶ **Popcorn:** Air-pop popcorn for a low-calorie, high-fiber, and inexpensive snack.

Meal Ideas

- ▶ **Beef stew:** Cook an inexpensive cut of beef (like chuck or shank) in a slow cooker with potatoes, onions, and other vegetables from your pantry or freezer. Make a double batch and freeze half for another week.
- ▶ **Pasta:** Mix whole grain pasta with frozen or in-season vegetables and a tomato sauce. To save money, use canned tomatoes when fresh ones are not in season.
- ▶ **Soup and sandwich:** Dish up warm bowls of bean, tomato, or chicken soup (look for lower sodium canned soups). Serve with grilled cheese or turkey sandwiches on whole wheat bread.
- ▶ **Tacos and burritos:** Cook up some lean ground beef, ground turkey, or shredded chicken and add taco seasoning. Use soft corn or flour tortillas and fill them with the cooked meat; add veggies like corn, lettuce, and tomato; add pinto beans; and top with some grated cheese and salsa.
- ▶ **Pizza:** Purchase or make your own dough. Top with tomato sauce, vegetables, and low-fat cheese. To save more money, use leftover vegetables and buy a block of cheese to grate at home.
- ▶ **Tuna casserole:** Make this family favorite with tuna packed in water and a can of lower sodium, fat-free creamed soup, such as mushroom or chicken. Save money by buying large (12-ounce) cans of tuna instead of several small cans. If you use cheese, use just a little (about 2 tablespoons per serving). This saves money and limits saturated fat and calories.