

Menu Planning and Shopping

- To save time and money, budget food dollars, plan menus, and shop wisely
- Plan menus based on My Pyramid
- Use a shopping list to help stretch food dollars
- Read Nutrition Facts labels to help you get the best nutrition for your food dollars
- Use unit pricing to compare the cost of different packages
- Go directly home and store groceries properly.

menu planning tips

- Schedule time to plan
- Use My Pyramid as a guide
- Read ads for store specials
- Plan the evening meal first
- Use leftovers as planned-overs for lunch
- Plan a nutritious breakfast
- Include nutritious snacks
- Prepare a shopping list

shopping tips

- ✓ Shop once a week or less
- ✓ Use a shopping list
- ✓ Shop when the store is not crowded
- ✓ Leave children at home
- ✓ Do not shop when hungry
- ✓ Compare quality
- ✓ Read labels
- ✓ Compare prices
- ✓ Use coupons if they make the items you need cost less
- ✓ Buy in bulk for a lower price
- ✓ Replace staples when on sale
- ✓ Consider unadvertised sale items
- ✓ Separate raw meats from fresh produce
- ✓ Get refrigerated and frozen foods last
- ✓ Watch for mistakes when checking out
- ✓ Go directly home and store foods properly

Preparing a Budget
 +
Planning Menus
 +
Shopping Wisely

Nutritious Low-Cost Meals

Budgeting your grocery money

There are several methods you can use to budget the money you have for groceries every month. Choose what works best for you and your family.

- Put the amount of cash you have for the month's groceries in an envelope and use **ONLY** that money. Put the total amount (including the amount of food stamp dollars) on the outside of the envelope and subtract as you buy groceries so you know how much you have left. If you don't like to use cash, you can still have a similar tracking system.
- Plan a bulk buy once a month and divide the rest of your money by the amount of weeks in the month.

Cook food to the proper temperature

RECIPES

Ground Products

Hamburger	160°F
Beef, veal, lamb, pork	160°F
Chicken, turkey	165°F

Beef, veal, lamb

Roasts and steaks	
medium-rare	145°F
medium	160°F
well-done	170°F

Pork

Chops, roasts, ribs	
medium	160°F
well-done	170°F

Sausage	160°F
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Ham

Fresh (raw)	160°F
Pre-cooked	140°F

Poultry

Chicken	180°F
Duck	180°F
Turkey (unstuffed)	
whole	180°F
breast	170°F
dark meat	180°F
stuffing	165°F

Eggs

Cooked eggs	yolk and white are firm
Egg dishes	160°F

TACO SALAD

- 1 lb. lean ground beef
- 1 onion, chopped
- 1 package taco seasoning mix
- 1 can (15 oz.) kidney beans, drained and rinsed
- 1 bag (15 oz.) tortilla chips
- 1 head romaine lettuce, chopped
- 3/4 cup cheese, grated
- 1 cup SALAD DRESSING (recipe below)

Saute ground beef and onion; drain fat. Add taco seasoning mix and kidney beans; mix well. Crush 2/3 bag of tortilla chips. In a large bowl combine lettuce, tomatoes, cheese and crushed chips. Add meat mixture and salad dressing; toss well. Yield: 6-8 servings.

SALAD DRESSING

- 1/3 vinegar
- 1/2 cup oil
- 1 cup catsup
- 1/3 cup sugar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon salt

Mix ingredients until well-blended. Shake before serving. Yield: 2 cups.

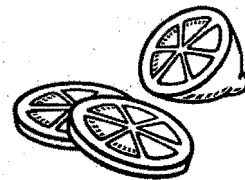
Make sure your thermometer is accurate to shield yourself from

foodborne illness!

Submerge the sensor in a 50/50 ice and water slush. Wait until the needle of the thermometer stops, then use a small wrench to turn the calibration nut until the thermometer reads 32°F (0°C).

LEMON CHICKEN RICE

- 1 Tablespoon oil
- 2 chicken breasts, cut in strips
- 1 clove garlic, minced
- 1 cup uncooked rice
- 2 cups chicken broth
- 1/2 cup water
- 1 Tablespoon grated lemon peel
- Juice of 1 lemon
- 2 green onions, chopped
- 1/2 teaspoon pepper



In a large skillet sauté chicken and garlic in oil until light brown. Stir in rice, broth, water, lemon peel, lemon juice, green onions and pepper. Cover and simmer 20-25 minutes or until liquid is absorbed. Yield: 4-6 servings.

NUTTY CHICKEN STRIPS

- 1 cup soft bread crumbs
- 1/2 cup chopped almonds
- 2 Tablespoons minced fresh cilantro
- 1 1/2 teaspoons curry powder
- 1/4 cup all-purpose flour
- 1 egg
- 1/2 cup milk
- 1 1/2 lbs. boneless, skinless chicken breasts cut into 1-inch strips
- 1/4 cup olive oil

In a large resealable plastic bag, combine the bread crumbs, almonds, cilantro and curry powder. Place flour in a shallow bowl. In another shallow bowl, beat the egg and milk. Dip chicken strips in flour then in egg mixture. Place in bag and shake to coat. In a large skillet, cook chicken in oil for 10-12 minutes or until juices run clear, turning once. Drain on paper towels.

Recipes

Nutrition Labels

It is important to know how to interpret nutrition labels so you can get the best nutrition for your money.

Ingredient list

- Ingredients are listed in descending order by weight, which means the main ingredients are listed first and the smallest ingredients are listed last.
- Limit food that has added sugars listed first.
- Avoid foods high in saturated fats and trans fats (including ingredients like coconut or palm oils, lard, shortening or margarine)

Nutrition facts

- Calories provide a measure of how much energy you get from one serving.
- Limit total fat, cholesterol and sodium.
- The Percent (%) Daily Values show how much of a specific nutrient one serving of food contains based on a 2000 calorie diet. Closer to 5% means that you are receiving a small proportion of that nutrient; closer to 20% means you are receiving a larger proportion of that nutrient. Sodium, fat, saturated fat, and cholesterol should be closer to 5%; fiber, vitamins and minerals should be closer to 20%.

TACO SOUP

- 1 lb. lean ground beef
- 1 onion, chopped
- 1 can (28 oz.) tomatoes, crushed
- 1 can (8 oz.) tomato sauce
- 1 can (15 oz.) kidney beans
- 1 can (11 oz.) corn, drained
- 1 pkg taco seasoning mix

In a large saucepan sauté ground beef and onion; drain fat. Add tomatoes, tomato sauce, drained kidney beans, corn and seasoning mix. Simmer 15 minutes. Garnish with grated cheese, low fat sour cream, diced green onions, sliced black olives, guacamole or tortilla chips. Yield: 4-6 servings.

QUICK AND EASY FETTUCINE

- 8 oz. fettuccine or linguine
- 1 Tablespoon olive oil
- 3/4 cup evaporated skim milk
- 1/3 cup parmesan cheese
- 1/4 cup sliced green onion
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper

Cook pasta according to package directions. Drain; immediately return to pan. Add olive oil; toss to coat. Add milk, cheese, onion, basil, garlic powder, and pepper. Cook over medium-high heat until bubbly, stirring constantly. Serve immediately. Yield: 6 servings.

HAM AND POTATO SKILLET

- 2 cups ham, cubed
- 1 onion, chopped
- 1 Tablespoon oil
- 1 Tablespoon brown sugar
- 1 can (10 3/4 oz.) cream of mushroom soup
- 1 cup milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 3 cups potatoes, cubed
- 1 cup carrots, thick sliced

Sauté ham and onion in oil and brown sugar. Add soup, milk, salt and pepper; mix well. Stir in potatoes and carrots. Cover and simmer over low heat 35 minutes or until vegetables are tender; stir occasionally. Yield: 4-6 servings.

Weekly Menu Planner

	Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

Plan meals based on MyPyramid. Save old menus!