

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.

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%.

QUICK AND EASY FETTUCCHINE

- 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.

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.

Weekly Menu Planner

Saturday				
Friday				
Thursday				
Wednesday				
Tuesday				
Monday				
Sunday				
	Breakfast	Lunch	Dinner	Snacks

Plan meals based on MyPyramid. Save old menus!

Shopping List

Fresh fruits and vegetables	Milk, cheese and yogurt
Canned fruits, vegetables and other canned foods	Meat, poultry, fish, dried beans, and eggs
Bread, cereal, rice, pasta, and tortillas	Frozen foods
Staples (flour, sugar, etc.)	Miscellaneous