

# Menu Planning and Shopping

Food \$ense Nutrition Education

Utah State University

- To save time and money, budget food dollars, plan menus and shop wisely.
- Plan menus based on MyPyramid.
- 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.

## BUDGET FOOD DOLLARS

Decide how much you can spend on food each month. Include food stamps, WIC vouchers and money. Try using the envelope method so your food dollars will last through the entire month.

### Mini-goals

- 1.
- 2.
- 3.

EXTENSION  
**Utah State**  
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This material was funded by USDA's Food Stamp Program. The material was developed and written by Utah State University Extension by Kay Evans and Paula Scott, EFNEP Supervisors, edited/created by Judy Wilde, EFNEP Support Staff and modified by Meagan Wade and Debra Christofferson, RD, for the Food \$ense Nutrition Education Program.

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## MENU PLANNING TIPS

- Schedule time to plan
- Use MyPyramid 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
- Evaluate meals on flavor, texture, shape, color and temperature
- Prepare a shopping list
- Save your menus



## 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**

**=**

**Nutritious  
Low-Cost  
Meals**

**+**

**Shopping  
Wisely**

## LABEL READING

Reading food labels at the grocery store will help you make nutritious food choices. Nutrition Facts labels contain information on:

- Serving size
- Calories
- Fat and cholesterol
- Sodium
- Key nutrients, vitamins and minerals
- Percent of daily value
- Ingredients
- Calories per gram

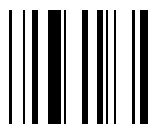


## UNIT PRICING

Comparing prices can help you save money. Many stores offer unit pricing. It tells you how much food costs per ounce or pound. Unit pricing stickers are usually displayed on the shelf below the food item. Which box of cereal is the best buy?

Unit Price

13¢ per oz.



**Snappy Rice Cereal**

Total  
Price

**\$2.29/18 oz.**

Unit Price

16¢ per oz.



**Crackly Rice Cereal**

Total  
Price

**\$2.49/16 oz.**

# WEEKLY MENU PLANNER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Evening Meal							
Snacks							

Plan meals based on MyPyramid.

**SHOPPING LIST**

<b>Fresh fruits and vegetables</b>	<b>Milk, cheese and yogurt</b>
<b>Canned fruits, vegetables and other canned foods</b>	<b>Meat, poultry, fish, dried beans and eggs</b>
<b>Bread, cereal, rice, pasta and tortillas</b>	<b>Frozen foods</b>
<b>Staples</b>	<b>Miscellaneous</b>

## BUDGET STRETCHERS

### HAM AND POTATO SKILLET

2 cups ham, cubed  
1 onion, chopped  
1 Tbsp. oil  
1 Tbsp. brown sugar  
1 can (10 3/4-oz.) cream of mushroom soup

1 cup milk  
1/2 tsp. salt  
1/8 tsp. 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.

**Substitution:** Use 3 cups frozen hash brown potatoes; simmer 5-10 minutes.

### QUICK AND EASY FETTUCCINE

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.

### 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, sour cream, diced green onions, sliced black olives, guacamole or tortilla chips. Yield: 4-6 servings.

