Try these healthy Grab 'n Go snacks!

- Deli meat and cheese roll-up
- Cheese sticks
- Single-serving juice or milk box
- Pudding cup
- Yogurt
- Single-serving fruit cup
- Pretzels
- Put cereal in a zip-lock bag
- Cheese rolled up in a tortilla
- Tropical fruit trail mix

Choose foods wisely! Use MyPyramid to guide your food choices.
On the Web at www.mypyramid.gov

Two meals for $10
Recipes and nutritional analyses are used with permission from University of Minnesota Extension Service.

Here's how to make two savory meals
- easy to fix
- great tasting
- good for your family

For more information, contact your local University of Missouri Extension center.
extension.missouri.edu

If you have questions about nutrition, call MU Extension's Show-Me Nutrition Line:
1-888-515-0016

Running out of money for food? Contact your local Food Stamp Office or go to www.dss.mo.gov/fsd/fstamp

This material was funded in part by USDA's SNAP.
Two hearty meals for under $10!

Creamy Soup Base
This easy-to-make soup base will keep in your refrigerator. Then, simply use it as the creamy soup base mix in both of the recipes below for a quick and healthy weeknight meal! (Makes 3 cups dry mix.)

- 2 cups nonfat dry milk
- ¾ cup cornstarch
- ¼ cup instant chicken bouillon
- 1 tablespoon dried onion flakes
- ½ teaspoon thyme
- ½ teaspoon basil
- ¼ teaspoon black pepper

Time to prepare: 5 minutes to prepare dry mix
1. Be sure all equipment and ingredients are dry.
2. Combine all ingredients in a mixing bowl. Mix well.
3. Store in an airtight container in the refrigerator.

Use this dry mix for the creamy soup base mix in the tasty recipes below!

California Medley Cheese Soup
1½ cups frozen chopped broccoli, cauliflower and carrots
3 cups boiling water
1 cup dry creamy soup base mix
¾ cup cold water
¾ cup grated cheese

1. Add 1½ cups frozen chopped vegetables to 3 cups boiling water and cook slightly.
2. Mix 1 cup of dry creamy soup base mix with ¾ cup cold water in small bowl.
3. Add cold soup mix to boiling water when vegetables are crispy and tender.
4. Add 2 tablespoons of grated cheese just before serving. Cover and refrigerate leftovers within 2 hours.

Yields 7½ cups.

Each 1¼ cup serving contains:
Calories: 125 Sodium: 681 g
Fat: 4.5 g Calcium: 183 mg

Chicken or Turkey Broccoli Casserole
1 pound fresh, or one 10-ounce package frozen broccoli
1 cup cooked chicken or turkey (you can use canned chicken if your cooking time is limited)
½ cup dry creamy soup base mix with ¼ cup water stirred in
1 cup shredded low-fat cheddar cheese
Cooked pasta, brown or white rice, or noodles.

1. Wash and cook broccoli until crispy tender.
2. Dice cooked chicken or turkey.
3. Cover bottom of casserole dish with cooked broccoli.
4. Cover broccoli with poultry and creamy soup base and water mixture.
5. Sprinkle with grated cheese. Bake at 350 degrees F for 20-30 minutes, or microwave for 15 minutes, turning once.
6. Serve over cooked pasta, rice or noodles. Cover and refrigerate leftovers within 2 hours.

Serves four.

Each 1 cup serving contains:
Calories: 137 Carbohydrates: 5 g
Fat: 5 g Calcium: 279 mg

These shopping tips can help you SAVE!

✔ Check newspaper ads before you shop.
✔ Make a shopping list and stick to it!
✔ Fresh is often cheaper.

My shopping list

Creamy Soup Base Mix
- 2 cups nonfat dry milk $1.00
- ¾ cup cornstarch .03
- ¼ cup instant chicken bouillon .06
- 1 tablespoon dried onion flakes .20
- ½ teaspoon thyme .15
- ½ teaspoon basil .27
- ¼ teaspoon black pepper .03

*Base mix cost: $1.74

California Medley Cheese Soup
- 1½ cups frozen broccoli, cauliflower, carrots $1.40
- ¾ cup grated cheese .71

*Additional ingredients cost: $2.11

Chicken or Turkey Broccoli Casserole
- 1 pound fresh, or one 10-ounce package frozen broccoli $1.30
- 1 cup chicken, canned: $2.00
- OR frozen: 2.10
- 1 cup shredded low-fat cheddar cheese 1.00
- Pasta of your choice 1.00

*Additional ingredients cost: $5.40

*Prices are meant to serve as a guideline. They may vary by location, store and season.

~ Pick up whole grain crackers or pita bread, and fresh fruit for dessert. ~