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

Make half your grains WHOLE!

Here are some healthy tips that can also save you money!

• Try whole-wheat bread instead of white bread, or brown rice instead of white rice.
• Create whole-grain pilaf with barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
• Snack on ready-to-eat, whole-grain cereals such as toasted oat cereal.

Read labels!

A food is considered whole-grain if the label has the whole grain listed as the first ingredient.

Take a look!

Choose foods wisely!
Use MyPyramid to guide your food choices.
www.mypyramid.gov

Nutrition Facts

Serving Size: One cookie (25g)
Servings Per Container: 48

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calorie</th>
<th>Calories from Fat %</th>
<th>% Daily Value</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
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<td>50</td>
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</tr>
<tr>
<td>Total Fat</td>
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<td>9%</td>
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<tr>
<td>Saturated Fat</td>
<td>2g</td>
<td>11%</td>
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<tr>
<td>Trans Fat</td>
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<td>0%</td>
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<tr>
<td>Cholesterol</td>
<td>10mg</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Protein</td>
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Ingredients:
Whole-grain rolled oats, high fructose corn syrup, raisins, whole wheat flour, brown sugar, corn syrup, partially hydrogenated soybean oil, eggs

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

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Recipes and nutritional analyses are used with permission from University of Minnesota Extension Service.

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Two meals for $10

Here’s how to make two savory meals
• easy to fix
• great tasting
• good for your family
You can make two meals for $10!

Quick and Easy Tuna Noodles

This is a fast main course that takes between 12-30 minutes to cook and makes four servings.

What you’ll need:
1 cup egg noodles
1 cup cream of mushroom soup
1¼ cups water
1 6-ounce can water-packed tuna, drained
½ cup skim or low-fat milk
16-ounce package frozen mixed vegetables

How to fix it:
1. In a large frying pan, combine the noodles, soup, water and tuna.
2. Bring the mixture to a boil, then reduce the heat to low. Simmer 10-15 minutes or until the noodles are tender. You may need to add a little more water during cooking.
4. Serve while warm.

Each serving contains:
- Calories: 236
- Protein: 19 g
- Fat: 5 g
- Iron: 2 mg
- Folic acid: 102 mcg
- Carbohydrates: 31 g

Four-Layer Casserole

Makes six servings

What you’ll need:
1 pound lean ground beef
4 potatoes
16-ounce package frozen mixed vegetables
½ cup low-fat cheese, cut into cubes
½ cup low-fat milk
Salt and pepper to taste

How to fix it:
1. Brown the ground beef in a fry pan. Drain the fat.
2. Scrub the potatoes, but do not peel. Cut into slices. Put the sliced potatoes in a large baking dish or casserole dish. Top with the vegetables, then the ground beef, then the cheese.
3. Pour the milk over all. Add salt and pepper, if desired. Cover and cook over low heat or bake at 350 degrees F for 1 hour, or microwave in a non-metal baking dish for about 19 to 23 minutes on high.

Each serving contains:
- Calories: 246
- Protein: 22 g
- Fat: 8 g
- Calcium: 83 mg
- Carbohydrates: 22 g

My shopping list

Quick and Easy Tuna Noodles
- 1 cup egg noodles $0.50
- 1 can cream of mushroom soup $0.70
- 1 6-oz. can water-packed tuna $0.62
- ½ cup skim or low-fat milk $0.09
- 16-oz. package frozen mixed vegetables $1.32
Total cost: (or $0.80 per serving) $3.23

Four-Layer Casserole
- 1 pound lean ground beef $3.50
- 4 potatoes $0.92
- 16-oz. package frozen mixed vegetables $1.32
- ½ cup low-fat cheese $0.50
- ½ cup low-fat milk $0.05
Total cost: (or $1.11 per serving) $6.66

*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. ~

Family meals are IMPORTANT!

Eating meals together as a family teaches children about:
- food preparation
- table manners
- social skills
- healthy eating habits
- traditions.

Family meal time builds closer family relationships, allows for time together in a busy schedule, and builds better communication.

When there are family meals, children are well-adjusted, eat the right amount of food, and have fewer behavior problems.