

Celebrate! *A Healthy You*

A newsletter devoted to helping individuals of every size live in a healthy body.

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20 Ways to Save Money at Grocery Store

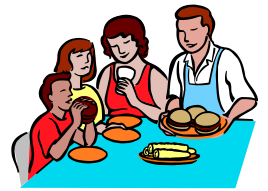
Contrary to what some may think, healthful eating need not be expensive. You may already be using some of the tips below but some of the others may be new. Give one or two of the easiest ones a try before tackling some that seem more challenging. Even small amounts you save on groceries can help cover other items in your budget.

1. Plan your meals. Look for ways to put leftovers to good use either for a second dinner or for lunch instead of eating out.
2. Check sales and store specials to see which of these foods you can use in your meal plan. Even if something is sale priced, it may not save you money if it isn't eaten.
3. Clip coupons only for foods and products you would otherwise use, and when prices on a comparable brand are not cheaper.
4. Check your refrigerator, freezer and pantry for food you already have on hand that needs to be used. Plan to use soon-to-expire foods in your meals right away. Throwing away spoiled food is literally throwing away money.
5. Make a shopping list based on your meal plan so you have the ingredients you will need to make the foods you plan to fix. Set up your list to follow the grocery store layout to speed up shopping.
6. Plan to shop no more than one time per week, less often if possible. Even if you just need one item, each time you step in the grocery store, you will likely buy more.
7. If you have more than one grocery store from which to choose, track store specials to determine which store consistently has better prices on the foods you usually buy and shop there most of the time.
8. Shop alone and when you are not hungry. It will be much easier to stick to your list and control spending.
9. Take advantage of sales to stock up on nonperishable items you use often.
10. Compare brands by checking the cost per serving. Shelf labels usually provide this information for packaged foods. Store brands often are very acceptable in quality and price when compared to national brands.
11. Check sell by dates and buy the freshest foods available.
12. Spend most of your time shopping the outside aisles of the store where the fresh produce, meats and dairy products are usually located. These foods tend to be higher in nutritional value and lower in cost per serving.
13. Foods high in fat, sugar and salt like cookies, doughnuts, chips and soft drinks contribute very few if any nutrients. Fruits, vegetables, whole grain breads and crackers and milk are highly nutritious and health promoting. Invest your food dollars in good nutrition. Recent price comparisons show that good nutrition actually costs less per serving than low-nutrient alternatives.
14. Buy fresh fruits and vegetables when they are in season. They cost less and taste better.
15. Consider carefully before buying pre-bagged salads. They are usually more expensive than plain salad greens and spoil more quickly.
16. Canned fruits and vegetables are economical choices, and a good nutritional value. Frozen ones can be too, especially when sale priced. Sauces and flavorings add to the price and are high in fat and sodium, making the plain ones a better value.
17. Meat in larger packages is often priced less than small amounts. Divide into smaller amounts and freeze in meal-sized packages
18. Meat is often the most expensive item in a meal. Remember that we only need two 3-4-ounce servings per day for good health. Serve larger amounts of high fiber vegetables and whole grains to satisfy appetites for less money. Hearty soups, stews and casseroles help stretch smaller meat servings.
19. Dried beans and peas are a great source of protein, fiber, and other important nutrients. Use them in place of, or as a way to stretch meat.
20. Poultry is often less expensive than pork, beef, veal and lamb especially if you are willing to pull the skin off or cut it up yourself. Save bones and skin in the freezer until you have enough to cook with a little onion, carrot and celery to make delicious broth.

Make Cooking Simple

Families who eat together have stronger relationships as well as better nutrition and health for family members. Most parents want what is best for their children, so why don't more families eat together?

Lack of time is often given as a reason but lack of knowledge is probably as big an obstacle to cooking healthful meals. Parents may not have learned meal planning and cooking skills that once were taken for granted. Without those skills, buying take out or heating a frozen dinner may seem like the only choice.



In the upcoming months this newsletter will feature some basic how-to information to help families cook and eat together. Even those who have been cooking for some time may learn a few new ideas for quick, tasty and healthy meals

Each month will feature an easy recipe illustrating a meal planning and preparation lesson. A companion handout will also be included to help you put our ideas into action. We'll have tips on how to get the entire family involved in the planning and preparation of these simple meals. Use these tips and recipes to create not just family meals, but also family memories.

This month's handout lists basic equipment and ingredients to keep on hand for making family meals. These are simply starting points to add or subtract from as needed for your family's eating preferences.

Casseroles make quick and easy meals especially one as simple as this Tuna Noodle Casserole adapted from [Lickety-Split Meals](#) by Zonya Foco. Children can help open cans and stir casserole ingredients together. While the casserole is baking recruit more help with setting the table and making a salad. Serve fresh or canned fruit for dessert and you have a complete meal.

If you are really short on time, prepare the casserole one night to serve the next. Simply reheat in the microwave for a few minutes until thoroughly hot.

Tuna Noodle Casserole

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| 1 (10 ³ / ₄ oz) can reduced fat and sodium cream of mushroom soup | ¼ cup grated Parmesan cheese |
| 1¼ cups (or 1 soup can) skim milk | 1½ cup frozen peas |
| 2 cans (6 oz. each) water-packed tuna, rinsed, drained, and flaked | 3 cups uncooked small pasta shells or noodles |
| 1 teaspoon dried onion flakes | |

Heat oven to 375°F. Mix together soup and milk in 3-quart casserole or baking dish. Next stir in tuna, onion flakes, Parmesan cheese, peas and uncooked pasta or noodles. Cover casserole with lid or foil and place in oven. Bake 50 minutes or until noodles are tender.

Makes 6 servings, 1 cup each. Nutrition information per serving: 280 Calories, 22g protein, 3.5g fat, 39g carbohydrate, 465mg sodium.

Leftovers may be stored covered in the refrigerator for two or three days. May be frozen for up to one month in freezer containers. Tip: divide into single serving portions for take along lunches.

Recipe Correction

The recipe for Light-as-a-Feather Whole Wheat Pancakes in the December issue contained an error. The nutrition information gave the wrong amount for carbohydrates. The correct amount is 36g carbohydrates per serving of three pancakes. Thanks to alert readers who brought this to our attention.

Words to Consider

"A good heart is better than all the heads in the world." — Edward Bulwer-Lytton

"If you can't change your fate, change your attitude."
— Amy Tan