

Plan, Shop, Save

It seems that every time we go to the grocery store the prices have gone up. With a little planning and careful shopping it is possible to buy healthy, tasty food without “breaking the bank”.

Plan your main meals for at least a week at a time. Cooking extra can provide leftovers for lunches or another dinner. Plan to use foods you already have on hand.

Look to see what is on sale that you can incorporate into your meal plan. Check to see if you have coupons for items you plan to buy.

Meat can eat up a good chunk of your budget. Try beans and tofu. They are good sources of protein and are inexpensive. Eggs are also an inexpensive protein and can be fixed in many ways.

Read the labels on foods to make sure you are getting the most nutrition bang for your food buck.

Don't buy something you might not eat or something that is unhealthy just because it is cheap.

Practice food safety when shopping and storing food to avoid waste.



Source: EFNEP files

Breakfast Bagel Spread

10.5 ounces silken tofu
3 tablespoons honey
1 teaspoon vanilla
1/8 teaspoon cinnamon
8 ounces crushed pineapple, very well drained
1/2 cup chopped pitted dates or raisins

1. Combine tofu, honey, vanilla and cinnamon in a blender. Whirl until smooth.
2. Put tofu mixture into a small bowl and stir in the drained pineapple and dates/raisins. Mix well.
3. Serve on bagels, muffins, pancakes, graham crackers or apple slices.

Makes eight 1/4 cup servings.

Per serving: 88 calories, 1g fat (0g saturated fat), 3g protein, 18g carbohydrates, 1.2g fiber, 14mg sodium, 0mg cholesterol.



Source: Simply Soy

Fruit Water

Looking for a refreshing, thirst-quenching drink ? Water is best but some people do not like the taste of water. Infused water is the newest craze and is tasty and refreshing. It is easy to make and fun to drink.



1. Fill up a pitcher or individual glasses with cold water.
2. Wash and rinse ripe, firm fruits and vegetables and add to the water. You can also add herbs and spices for more flavors.
3. Refrigerate the water for several hours for the fruits, vegetables and herbs to “infuse” or flavor the water before serving. The longer it sits and the more add-ins, the stronger the flavor.
4. You can refill the water a few times and let it infuse again. The water will usually last 3 days without spoiling.

The flavor possibilities are endless. Here are some ideas to get you started: oranges, lemons, limes, pineapple, berries, melons, apples, cucumber, carrots, mint, basil, rosemary, cinnamon.

Infused water is healthy with extra vitamins and minerals and is fun to drink!

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Yum...Home Cooking

Home cooked meals can be healthier, cheaper and better tasting than meals from outside the home.

Cook meals from scratch. There are a lot of great, easy recipes out there.

Simple, healthy ingredients will boost your nutrition and save you money.

Include plenty of whole grains, fruits, vegetables and lean protein in your meals.

Pack your lunch. Take snacks and drinks from home when you are running errands, going to the kids' practices and games or any other time you will be away from home for an extended amount of time.



Source:Journeyworks

Nature Hunt Bingo

The weather's getting warm so get outside! See if you can get bingo by finding five of the items below in a row!

Need a twist?

Try making your own bingo card with other things you may find outside.



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Newsletter prepared by:
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The Expanded Food and Nutrition Education Program (EFNEP) helps families. **Eat better, Feel better, and Cut food costs.** To find out more about EFNEP contact:

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