**SaveTime, Save Money**

Taking some time to organize your pantry or cupboards can pay big dividends in saving time and money. It can also help you eat healthier.

How often do you come home tired and hungry and just can’t figure out what to make for dinner? Do you call for pizza or head back out to the nearest fast food drive-thru? With a little organization and planning you can have a healthy, inexpensive dinner on the table in the same amount of time it would take to get a pizza delivered.

Go through your pantry and cupboards and throw away any food that is past its use by date or is not edible for any other reason. Wipe the shelves off and replace shelf paper.

Replace the food you are keeping by grouping like items together such as canned foods, boxed mixes, small packets, etc. Put taller items in the back and shorter items toward the front. This takes a little time but once it is done you can see at a glance what you have. After grocery shopping put food in the appropriate space.

Now sit down and make a menu plan or do a web search for sites that offer menu plans. Your EFNEP educator can help you with this.

Doing these few things to get organized will make meal times less stressful.

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**Veggie Tortilla Roll-Ups**

4 (7 inch) whole wheat tortillas
1/2 cup nonfat cream cheese
2 cups shredded lettuce or spinach
1 cup chopped tomato
1/2 cup chopped bell pepper (any color)
1/2 cup chopped cucumber
1/4 cup diced canned green chilies
1/4 cup sliced ripe olives.

1. Spread each tortilla with 2 tablespoons of the cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly and serve.

Ready in 20 minutes. Makes 4 servings.

Per serving:
- Calories: 128
- Carbohydrates: 20 g
- Dietary fiber: 4 g
- Protein: 8 g
- Total fat: 2 g
- Sat. fat: 1 g
- Cholesterol: 3 mg
- Sodium: 427 mg

Source: Everyday Healthy Meals
Fun After School Snacks

Caterpillar kabobs—Assemble chunks of melon, apple, orange and pear on skewers for a fruity caterpillar. For a veggie caterpillar use zucchini, cucumber, squash and sweet peppers.

Butterfly—Using carrot sticks or celery for the body, attach wings made of thinly sliced apples with peanut butter. Decorate with dried fruit.

Bugs on a log—Use celery, cucumber or carrot sticks as the log. Spread with cream cheese or peanut butter. Top with dried fruit such as raisins or cranberries.

Potato person—Slice a baked potato in half. Make a funny face out of sliced cherry tomatoes, peas and low-fat cheese.

Newsletter prepared by:
Kathy Kinsman

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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Fall Word Scramble

Look at each fall picture and unscramble the letters and write on the line provided

<table>
<thead>
<tr>
<th>orcn</th>
<th>yindw</th>
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<tbody>
<tr>
<td>kare</td>
<td>kippum</td>
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<td>quisler</td>
<td>palep</td>
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<td>coran</td>
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Lisa McCoy, MS, RDN, Extension Educator, FCS-Healthy Living

Trick or Treat Safety Tips

Halloween is a favorite holiday for children: the costumes, decorations, parties and treats. Make it a fun time by following these easy tips to keep your child safe at Halloween:

- Children under the age of 12 should have an adult with them when they are trick or treating. Older children can go together in a group and let you know where they are going. Set a time to meet back home.
- Stay in areas that are well-lit and familiar to you. Only knock on doors with lights on.
- Look both ways before crossing streets and roads. Use crosswalks and sidewalks whenever possible.
- Make sure costumes are short to prevent tripping and include comfortable walking shoes. Masks make it difficult for your child to see or breathe so be creative with make-up.
- Apply reflective tape to costumes and bags so they can be safely seen by drivers. Remember to carry a flashlight!
- Check your child’s candy at the end of the night. Throw away any candy that is not wrapped, looks like it has been opened. Limit how many treats your child can have.
- Remind children not to go into homes or cars of strangers.
- Be careful not to walk near candles and luminaries. Make sure to wear flame-resistant costumes.

http://www.allkidsnetwork.com/worksheets/fall/fall-word-scramble.asp