

STRETCHING YOUR FOOD DOLLAR

Lesson 4

Eat Healthy, Stay Fit

Here are some tips to help you save money and make healthy choices:

Smart shopping

Use unit pricing.

- ◆ The unit pricing tag is usually found on the shelf under the item it refers to.
- ◆ Unit pricing is a way to compare the price of different brands of the same item.
- ◆ Unit pricing helps compare the cost of different sizes, different brands or different forms of a product.

Unit pricing only works when you compare similar items. You can't compare the unit price of canned green beans with canned baked beans. These are two different food items.

A larger size is not necessarily cheaper.

Compare the unit prices above. For example, a gallon of orange juice costs 70 cents a quart, but the 1-1/2 gallon jug costs 80 cents a quart. Bigger is not always better or cheaper.

▶ Did you know...



the longer you stay in the store, the more likely you will be tempted by impulse buys, which increase the grocery bill.



UNIT PRICE \$.70 per quart	Total Price \$2.79
 100% Orange Juice	
	128 oz.

UNIT PRICE \$.80 per quart	Total Price \$4.79
 100% Orange Juice	
	192 oz.



Recipes

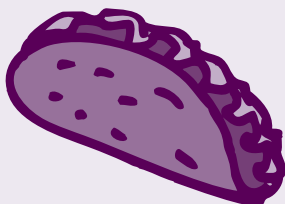


Vegetarian Enchiladas

8, 8-inch flour tortillas

Sauce

1 cup chopped onions
2 Tbl. water
2 cups canned tomatoes
1 cup tomato sauce
1/4 tsp. pepper
1 tbsp. honey *



Bean Mixture

2 tbsp. water
1 can (16oz.) pinto beans
1/2 cup chopped onion
1 small can ripe olives (optional)
1 tsp. chili powder
1/2 cups shredded cheddar cheese

• Honey should not be fed to babies under 1 year of age.

Have tortillas ready for filling. Prepare sauce by heating water in large frying pan. Cook chopped onions in water until soft. Add remaining ingredients for the sauce to the frying pan. Cook and stir until heated through. Prepare bean mixture by heating water in frying pan. Cook beans and onion in water. Add remaining ingredients, except cheese. Add some sauce mixture to bean mixture if beans are too thick. Assemble by filling tortillas with 2-3 tablespoons of bean mixture, roll or fold and place in shallow baking dish. Cover with sauce and add shredded cheese. Bake at 350 for 30 minutes or until bubbly.

Serves 8 - 1 cup each
Each serving: Calories 261, Total fat 7.5 gm,
Saturated fat 3.5 gm, Cholesterol 15 mg,
Sodium 1233 mg, Fiber 8 gm.

Note: The following can be added to the bean mixture to increase flavor: 3/4 tsp. cumin, 1/2 green pepper (chopped), and/or 1/2 cup additional grated cheese.

- ◆ Cook from scratch. Cooking from scratch requires some basic food preparation skills, utensils and equipment. However, it isn't as hard as you think, and skills will improve with practice. It is easy today to create a variety of items.

You can usually save money by making the food yourself. You can also have control over the ingredients you use. For example, you can cut back on salt, sugar and fat or substitute healthier ingredients.



A box of flavored rice mix costs \$.23 per serving. A pound of plain rice costs \$.07 per serving for white rice, and \$.16 per serving for brown rice.

You can avoid the high sodium content in the mix by adding in some frozen vegetables for color and flavor instead of the seasoning packet. It takes the same amount of time to cook the mix or make it from scratch. So save some money and make it yourself.

Stretching Your Food Dollar

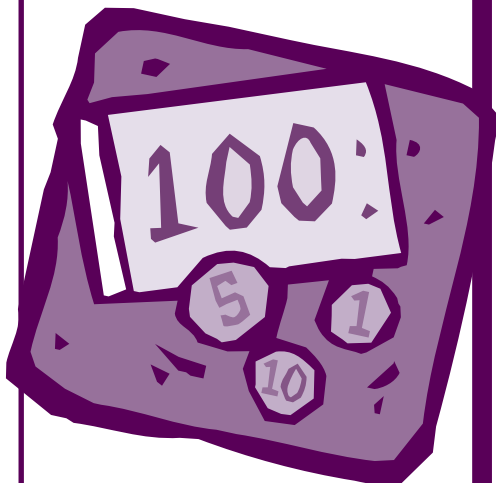


Tips...

◆ **If an item is priced by the piece, such as a head of cauliflower, weigh it and choose the heavier item.**

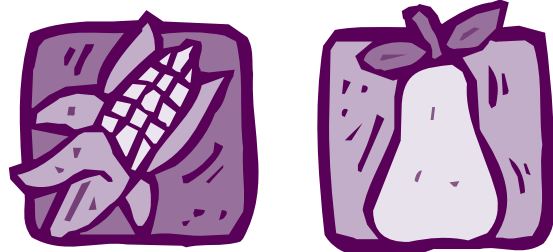
◆ **Stretch your food dollar by planning more meatless meals or mixed meat dishes.**

◆ **Check weekly food ads for best buys and coupons. Make a shopping list to save you both time and money.**



◆ **Buy Store Brands.**

Check the difference between nationally advertised brands and store brands. There can be a great difference in price between the two, with little or no difference in nutrition or quality. Even with the coupons for the brand name, some store brands can be cheaper. A study conducted at the University of New Hampshire looked at a one-week shopping list for a family of four, then compared the prices using store brands and name brands. The shopping bags containing name brand items cost \$181.72, while those containing store brands cost \$136.76!



◆ **Beware of Food Placement in the Store.**

The items that cost the most are usually placed at eye level. End-of-aisle displays are not always specials or bargains. Check higher and lower shelves for lower prices. Placement of food and other items at any easy-to-reach location, in the aisles, or at the check-out counter encourages shoppers to pick them up, regardless of price.

◆ **Watch Out for Supermarket Traps.**

The supermarket is not trying to make your grocery bill lower. They want you to spend your money. Fancy displays, in-store specials, sample tasting and multiple pricing (8 cans for \$1.99) are all ways to try and get you to spend more money. It's not practical to buy 8 cans of something if you don't have storage space.

Sometimes a supermarket will feature a special, low price on one particular item. The price is so special that people will flock to the store to buy it. Here's the trap: to make up for the loss on the sale item, the pricing on other items may be increased. That's why it's important to know the regular prices of items that you usually buy.

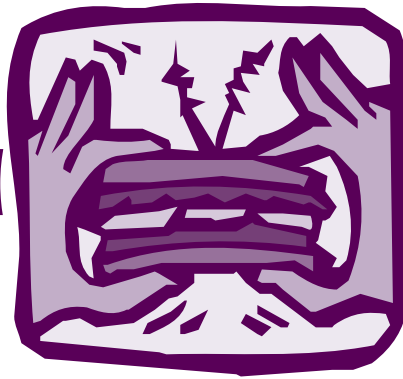
Smart Eating

Eating out costs a lot of money. Eating at home or bringing a bag lunch can save money.

Compare these two meals:

Fast Food Lunch

\$6.00
1 deluxe hamburger
French fries
large soda



Lunch From Home

\$1.00 - \$2.00
2 -3 oz. meat
2 slices bread
green salad
apple
water



Bring beverages from home, too. Drink water. If you drank one less soda, coffee or juice drink a day, you would be surprised how much you could save in one year. Complete the "worksheet" to see how much money you can save.



Always have healthy snacks on hand (even when away from home).

◆ When you eat out in a restaurant, what you pay helps cover the costs of running the business and helping the restaurant make a profit. Restaurants tend to cook the way they think most people like to eat - high in fat, salt and sugar. You might want to save eating out for special occasions. Although restaurants serve larger portions, not

everyone wants a serving that size. Many people eat what they're served, larger serving sizes mean more food consumed. This trend can lead to diet and health problems. Eating at home allows you to control portion sizes and have more control over the amount of fat, salt, and sugar you consume.



- ◆ **Know How to Figure the Cost Per Serving.**
Knowing the cost per serving can help save you money. Please refer to the “Shopping for Meats” and “How to Figure Cost Per Serving” handouts to figure the cost per serving of a variety of meats.

- ◆ **Choose Fiber-Rich Foods First.**
Try to plan your meals around grains, fruits and vegetables, and keep your portions from the meat and dairy groups to the number of servings on MyPyramid. This will not only save you money, but it is healthier as well.

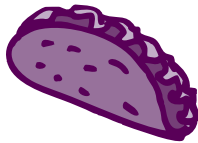
The following meals can save money and are planned mostly from fiber-rich foods in MyPyramid:



Chili: beans and vegetables, served with bread, over rice or with corn muffins

Stir fry: vegetables with a little meat or tofu, served over rice or pasta

Taco: beans or meat with lettuce, tomato, onions and corn tortilla



Stews or soups: beans, vegetables, pasta or rice, meat or chicken, served with bread or rolls

More Tips...

- ◆ **Be willing to make substitutions if something is a good buy. For example: buying ground turkey instead of ground beef, or buying pork on sale rather than buying the steak or roast you had planned on.**

- ◆ **Enroll your children in the free or reduced cost school breakfast/lunch program.**

- ◆ **Canned or powdered milk may be cheaper to use in cooking.**

- ◆ **Don't shop when you are hungry; you'll buy more.**

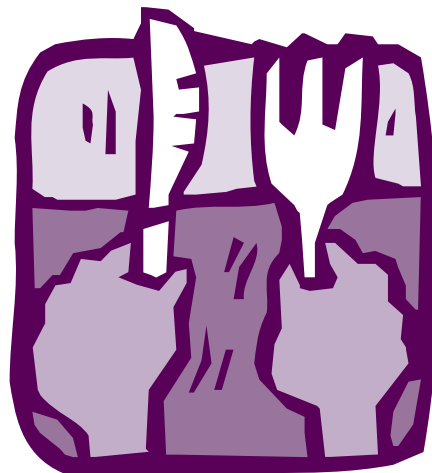


Mini-Goals

Pick one mini-goal to work on this week:

1. Price three or four items that you normally buy and find ways to save money on those items.
2. Choose one item that you usually buy already prepared or as a convenience food, and make it from scratch. Compare the costs.
3. Complete the "Are You a Shopper or a Spender" quiz included with this lesson, and see how your numbers add up.

The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238



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