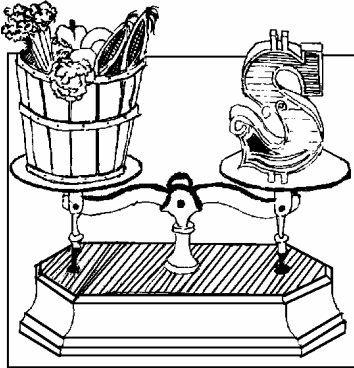


Healthy Lifestyle: Saving Dollars on Food



Planning Makes the Difference

Use these steps to plan your trip to the store or market.

1. Make a food budget and stick to it! Figure out how much money you have for food. Include the value of food stamps if your family receives them.
2. Take some time on the weekends to plan meals for the coming week.

When Planning Meals:

- o Use foods that you already have.
 - o Use leftovers.
 - o Choose one item from three to four of the food groups (grains, meat/egg/beans/tofu, vegetable, fruit, milk products).
 - o Use beans, eggs and tofu instead of meat or chicken.
3. Make a list of the foods that you need for the meals you have planned.
 4. Review your shopping list, think about the costs, and compare it to your budget. Does this list fit your budget?

Quick Tips for Your Trip to the Store or Market

- Shop at farmer's markets or discount stores. They often have the freshest produce that costs less than the supermarket.
- Eat before you shop! If you are hungry, everything will look good and you may overbuy.
- Get only those items on your list.
- Store brands often cost less than name brands.
- Know the prices of items that you buy often. This way, you will know a sale when you see it!
- Buy in bulk. Divide into smaller portions and keep for later use, or share the items and cost with neighbors or family.
- Limit items that have a lot of calories and do not provide many vitamins, minerals, or fiber. Examples: soda, Kool-Aid, snack cakes, candy, chips, pickles and olives.
- Shop the outer aisles of the store. This is where the fresh produce, meat, fish, poultry, dairy and breads are. Only go down the aisles that have items that are on your list. The center aisles of the grocery store have many convenience items, which can cost more and have less vitamins, minerals, and fiber than fresh foods.

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Low-cost Items to Keep On-hand

- Canned fruits (packed in their own juice or light syrup)
- Canned and frozen vegetables
- Rice, pasta, bread, crackers, tortillas, potatoes
- Dried beans, peas and lentils
- Ground beef mixed with flake cereal, bread crumbs or oats (makes more servings)

Planning Menus Saves Dollars

Try These Ideas:

Breakfast

- Provides energy for the day.
- Set out items before bed.
- Keep easy-to-carry items on-hand to put in backpack: raisins, fruit, granola bars, dry cereal.
- Offer leftovers from the night before.



Easy Recipes

- **Waz-Up Waffles:** Pop frozen waffles in the toaster and top with yogurt and berries. Varieties of waffles to try: whole-grain, blueberry and low-fat.
- **Banana Dogs:** Spread peanut butter on a banana and top with raisins.
- **In-the-Bag Breakfast:** Mix ready-to-eat cereal, dried fruit (raisins, raisins, apricots), and nuts (almonds, pecans, peanuts).
- **Cinnamon Crunch:** Spread peanut butter on a rice cake (apple-cinnamon).
- **Shake-It-Up!:** Whirl milk, strawberries and a banana in blender for 30 seconds.

Lunch

- Healthy lunches can be from school or brought from home.
- If your child takes lunch to school, pack it before bedtime the night before. Have your child help pick out fruit and other items.
- Use leftovers from dinner.

Easy Lunch Items:

- Sandwich
- Fresh fruit or fruit cup
- Baby carrots
- 1 cookie
- Milk (can be bought at school)



Evening Meal

- It is tempting to order pizza or take-out, but that is costly.
- Have a list of meals you can make in 20 minutes (see below and on the next page).
- Start with a starch like rice, pasta, tortilla, potato, or pizza crust and choose one item from two to three other food groups (meat or beans, vegetable or dairy).

20-minute Meal Ideas:

- Baked potato topped with cheese, vegetables and salsa. Serve with chicken breast, pork chops or roast beef.
- Tortilla topped with refried beans, salsa, tomatoes, peppers, onion and cooked chicken, beef or turkey.
- Pasta topped with spaghetti sauce, added vegetables, and beef or turkey.



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Healthy Recipes

Split Pea or Lentil Soup

Makes 4 servings

- 1 cup uncooked dry split peas or lentils
- 1 large onion, thinly sliced
- $\frac{2}{3}$ cup chopped celery
- 4 cups water
- 1 tsp. salt
- 2 Tbsp. margarine (optional)

Wash and drain split peas. Place all items in a saucepan. Heat to boiling. Cover and cook for 30 minutes or until peas or lentils are tender.

Other Options to Try

- **Meaty soup:** Add pieces of cooked ham before cooking soup. Omit salt.
- **Creamy pea soup:** Blend a half cup dry milk powder with a half cup water. Add to soup in last five minutes of cooking.

Total cost without added options: \$1.06
(26¢ per serving)

Sneaky Meatloaf

Makes 6 servings

- 1 $\frac{1}{2}$ lbs. ground beef
- 1 cup crushed flake cereal
(Corn Flakes, Wheaties)
- 1 egg
- $\frac{1}{2}$ cup grated carrots
- $\frac{1}{3}$ cup spinach (frozen or fresh-cooked), drained
- $\frac{1}{3}$ cup water
- 1 tsp. salt

Combine ingredients. Press into loaf pan.
Bake one hour.

Total cost: \$6.30 (\$1.05 per serving)

Resources

Local Farmer's Markets

These offer fresh fruits and vegetables grown and sold by local farmers. There are more than 83 farmer's markets in Washington state, with 11 in the Seattle area. The markets run spring through fall. To find one in your community, call 206-706-5198 or visit www.wafarmersmarkets.comT.

WIC—Women, Infants, and Children Supplemental Feeding Program

This program provides food coupons, information, and classes to pregnant women, new mothers, infants, and children up to age 5. To find the nearest location to you and to see if your family is eligible, call 800-841-1410 or visit www.doh.wa.gov/cfh/WIC/default.htm.

Food Stamp Program

Helps people with little or no income to buy and eat a variety of foods. To find out if your family qualifies, call 800-221-5689. Visit www.fns.usda.gov/fsp/.

For More Information

- **Children's Obesity Action Team**
(206) 987-2626
- **Your health care provider**
- **Children's Resource Line:**
(206) 987-2500 or 1-866-987-2500
toll-free Washington, Alaska, Montana, Idaho
- www.seattlechildrens.org

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health care provider.

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