

# Nutrition News

VOLUME 8, No. 2

A COMMUNITY NUTRITION PROGRAMS NEWSLETTER

De'Shoen Friendship,  
MPA, CFPP

Annrose Guarino,  
PhD, RD

Celia Jackson,  
B.S., RD, LDN.

Sandra May  
MS, RD

Heli Roy,  
PhD, RD

## Food Budgeting

### Plan a thrifty menu... and make it healthy too!

Planning a delicious, low-cost and healthy meal is easier than you think! To make the most of your food dollars...

#### Choose a Variety of Foods

To get the vitamins and minerals you need, plan your weekly menu around a variety of seasonal fruits, vegetables, dry beans and lentils, lean meats/poultry, whole grains and low-fat dairy foods. Avoid foods that contain too much fat, salt and sugar.

Plan your meal around whole-grain rice, beans and lentils for economical and healthy meals. Prepare meatless meals 2-4 times a week. Meat is usually the most expensive food item. Cutting back on meat is a good way to save food dollars and reduce your fat intake.

Include a wide variety of seasonal fruits and vegetables. These foods are less expensive than ready-made foods and contain more nutrients.

Use instant nonfat powdered milk or evaporated milk in recipes and fresh milk to drink with meals. You can buy evaporated and powdered milk on sale.

Convenience foods and snack foods (such as packaged meals and snacks, candy, pastries and soft drinks) are expensive, low in nutrients and can be high in fat, salt, sugar and calories. Cut back on these purchases by creating your own snacks. Make small, single-serving bags of fruits, vegetables, nuts, seeds, low-fat snack crackers or low-fat cheeses. Healthy snacks are a great way to get the nutrients that you and your family need and will keep money in your pocket.

#### Money Saving Ideas



#### *A few simple substitutions include:*

- Use powdered and evaporated milk in place of fresh milk.
- Buy larger-size packaging. Single-size packaging is the most expensive way to shop.
- Use seasonal vegetables and fruits whenever possible.
- Choose lean cuts of beef or pork instead of beef or pork ribs.
- Prepare recipes from scratch for the most economical way of cooking.
- Plan menus for the week and shop only for the items on the menu.
- Shop only once a week to cut down on impulse buying of expensive items.

**LSU**  
**AgCenter**  
Research & Extension



SOUTHERN UNIVERSITY  
AGRICULTURAL  
RESEARCH & EXTENSION  
C E N T E R

## Plan and Use Leftovers

Cut cooking time and save food dollars! Instead of cooking for one night's meal, cook a larger amount but serve only half. Freeze the remaining half and plan to use it soon for another meal. Write the name of the food and the date it was prepared on the outside of the container before freezing.

You also can use leftovers to create a completely different meal. For example, if you have leftover vegetables, save the remaining portion to make a delicious vegetable soup. Serve grilled or baked chicken one day and chicken tacos the next day using the same chicken. You save time and money. Stretch the protein further by including beans as an accompaniment.

If you often throw away unfinished foods and drinks, such as yogurt or fruit juices, one way to save them for use later is to freeze the remaining amount in a small cup with a plastic spoon or stick. These frozen treats make perfect low fat snacks!



### **Add Variety by Trying New, Low-cost Recipes**

Be open to new ideas and don't be afraid to try new things! If the recipes you commonly use don't adapt well to budget-friendly cooking, find new recipes. Go to your local library or the Internet to find inexpensive recipes. Exchange recipes with family and friends.

Try new ways of cooking! For example, stir-fry your meat, fish or poultry and add pasta or rice together with some vegetables for a tasty and filling meal.

**Visit our Web site: [www.lsuagcenter.com](http://www.lsuagcenter.com)**

**February 2009**

**Louisiana State University Agricultural Center**

William R. Richardson, Chancellor

**Louisiana Agricultural Experiment Station**

David J. Boethel, Vice Chancellor and Director

**Louisiana Cooperative Extension Service**

Paul D. Coreil, Vice Chancellor and Director

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.

This material was partially funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income.

To find out more, contact your parish agent.