

Stretching Your Food Dollars While Keeping It Healthy During The Pandemic

Prepare for your Shopping trip:

Try to limit the number of times going to the grocery store by planning ahead

- Check your pantry, refrigerator, and freezer. Take an inventory of what you have left that can be incorporated into your meals.
- Plan your meals incorporating some of the food that you already have on hand to save \$\$
- Look at your current store circular or online for the specials and weekly sales.
- Think about including some one pot meals as they require less meat, stretch farther and usually include several food groups Ex. Beef Stew (Usually yields enough for a leftover meal)
- Include some Pasta Meals (Pasta Fagioli) Pasta with Beans and Tomatoes or (Tuna Casserole)
- Make a grocery list of what you need to purchase. Refrain from buying nonessential food if possible, and try to include both fresh and frozen produce. (Use fresh first)
- If your household requires desserts, try making your own Ex. A box of Brownie mix costs \$1.00-1.50, but already prepared brownies could cost \$3.00-\$5.00...a substantial difference.

Incorporate some of these low cost nutritious foods into your diet:

Protein foods: Beans, Lentils, Edamame, Eggs, Canned Fish (Tuna, Sardines, Salmon, Mackerel) Ground Turkey, Peanut Butter, Skinless Chicken Legs/Thighs

Whole Grains: Oatmeal, Barley, Popcorn, Brown Rice, Whole Wheat Pasta

Vegetables/Fruit: Cabbage, Spinach, Potatoes, Sweet Potatoes, Carrots, Kale, Lettuce, Onions, Celery, Bananas, Apples

And, of course, stores have specials weekly so include these weekly sale items for your produce needs as well as frozen and canned goods.

To become creative, we need to think outside the box. Consider serving a food you have never served before because it is available at the grocery store. Ex. (canned salmon=salmon patties)

This is a great time to research recipes online, here are some great websites:

www.choosemyplate.gov/myplatekitchen

www.cookinglight.com

www.allrecipes.com

www.foodnetwork.com

Need more help: Do a google search for whatever you are trying to prepare and Voil'a you will have it. If you need a visual step by step instruction try going to YouTube where you can see hands on instruction.