

# Building Healthy Habits: Food and Community Nutrition 

## Make the Most of Your Food

 Shopping DollarsFood prices have increased dramatically over the past year. Try these ideas to make the most of your food shopping money.
1.See what you already have in your cupboards, refrigerator, and freezer so you don't rebuy these items. 2. Make a list of meals and snacks you need to shop for a week, two weeks? What foods do you already have that you can use to make meals or snacks? Add to your shopping list other fruits, vegetables, dairy products, whole grains, and lean protein foods you need to
 complete the meals and snacks you have on your list.

3. Remember to consider fresh, frozen, canned, and dried fruits and vegetables when making your list. All varieties are healthy!
4. Finish your list so it is organized to follow the aisles where you shop. This will save you time and help you not to forget anything you need.
5. Compare prices when shopping. Store brands are usually less expensive.

## Applesauce French Toast

Makes 6 servings, serving size is 1 slice
Ingredients
2 eggs
$1 / 2$ cup nonfat or $1 \%$ milk
1 teaspoon cinnamon
2 teaspoons sugar
1/2 teaspoon vanilla
1/4 cup unsweetened applesauce
6 slices of whole wheat bread

## Directions:

1. Wash hands with soap and water.
2. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla, and applesauce. Mix well.
3.Soak bread one slice at a time until mixture is slightly absorbed.
4.Lightly grease a skillet or griddle. Cook over medium heat until golden brown on both sides.
5.Serve hot. Refrigerate leftovers within 2 hours.

Find more recipes at: https://fnec.cornell.edu/for-participants/recipe-table/

Nutrition Facts for 1 serving: 140 calories, 3.5 g total fat, .5 g saturated fat, 0 g trans fat; $23 \%$ added calories from fat; 65 mg cholesterol, 220 mg sodium, 24 g total carbohydrates, 2 g dietary fiber, 6 g total sugars, 1 g added sugars, 8 g protein, 1 mcg Vitamin D, 118mg calcium, 1 mg iron, 62 mg potassium, 2 mg vitamin C

## Kids Corner

With your child, make a visit to your local public library and borrow "The Story of Snow: The Science of Winter's Wonder" by Mark Cassino. Read the book with your child then take a walk in the snow together. On your walk, talk about what you learned from reading the book.


