Tips: Best Buys for Cost and Nutrition

Breads and Grains:
- Look for bargains on day old bread. It costs less but is still nutritious.
- Buy regular rice, oatmeal, and grits instead of instant to save on money, sugar and calories.

Vegetables and Salad:
- Buy large bags of frozen vegetables. Seal tightly in the freezer between uses.
- Avoid pre-bagged salad mixes. They are usually more expensive and spoil faster.

Fruits:
- Buy fresh fruits in season when they generally cost less.
- Frozen and canned fruits are a smart choice all year round.

Low-Fat Milk Products:
- Buy fresh, low-fat milk, yogurt, and cheese in the largest size that can be used before spoiling. Larger containers cost less than smaller sizes.
- Ultra-pasteurized milk has a longer expiration date and won’t spoil as fast.

Meat & Beans:
- Dried beans and peas are a good source of protein and fiber. They last a long time without spoiling.
- Chuck or bottom round roast has less fat and is cheaper than sirloin.
- Look for special on the meal counter. Buy meat on sale for big savings.
- Buy meat in large bulk packages to save money. Freeze portions you might not use right away to prevent spoiling.

www.chooseMyPlate.gov

Eating Better on a Budget

1. Easy on your wallet: Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.

2. Cook once...Eat all week: Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won’t have to spend money on take-out meals.

3. Get your creative juices flowing: Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

4. Eating out: Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

www.chooseMyPlate.gov

Inside this issue:

Tips - Best Buys for Cost and Nutrition 1
Eating Better on a Budget 1
Comer Mejor en Un Presupuesto 2
Confetti Pasta Salad Recipe 2
Fox Box Contents 2

Special Dates in June:
6/15 – Father’s Day
6/21 – Summer Begins
Comer Mejor en un Presupuesto

1. **Fácil en su billetera**: Ciertos alimentos suelen ser opciones de bajo costo durante todo el año. Trate de frijoles para una comida de proteína más barata. Para las verduras, comprar zanahorias, verduras o patatas. En cuanto a las frutas, las manzanas y las bananas son buenas opciones.

2. **Cocíe vez ... Coma toda la semana**: Preparar un gran lote de recetas favoritas en su día libre (el doble o el triple de la receta). Congelar en recipientes individuales. Úselos durante toda la semana y usted no tendrá que gastar dinero en comidas para llevar.

3. **Obtener sus jugos creativos fluyen**: Condimenta tus sobras-utilizalas en nuevas formas. Por ejemplo, trate de restos de pollo en un sofrito o sobre una ensalada de jardín, o para hacer pollo chile. Recuerde, tirar alimentos es tirar el dinero!

4. **Salir a comer**: restaurantes puede ser costoso. Ahorra dinero al obtener la oferta de reserva anticipada, salir a almorzar en lugar de cenar, o en busca de "2 por 1" ofertas. Palo al agua en lugar de ordenar otras bebidas, que se suman a la factura. [www.chooseMyPlate.gov](http://www.chooseMyPlate.gov)

---

**Confetti Pasta Salad*** Contents in Food Package**

- 1 box WG rotini **
- 1 can corn (drained) **
- 1/2 cup grated mozzarella cheese
- 1/2 cup grated cheddar cheese
- 1 cup chopped broccoli
- 1/3 cup chopped red onion
- 1 cup ranch dressing

Prepare pasta according to directions on box. Drain and run under cold water to cool pasta. Drain and add remaining ingredients.

Serve!!

---

**June 2014 Food Box Contents**

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Elderly 60+</th>
<th>Children Ages 1-6</th>
<th>Postpartum Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Beans</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Corn</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Peas</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Sliced Potatoes</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Juice</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Juice</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Applesauce</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Mixed Fruit</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Beef</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Rdu. Fat Cheese</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>UHT 1% Milk</td>
<td>2</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>WG Rotini</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Corn &amp; Rice Cereal</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>WB Flake Cereal</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

**Contents may vary due to availability.**