

# Food Facts

*Sensible Nutrition for Healthy Families*

## Make the Most of Your Grocery Money!

**These Tips will Help You Save More at the Store:**

### Before You Go:

- Look in your cupboards, refrigerator and freezer for foods you have on hand.
- Plan meals using the on-hand foods.
- Check local newspapers or shoppers for ads for grocery stores in your area. Plan to use foods that are on sale.
- Make a grocery list!

### At the Grocery Store:

- Look for store or generic brands.
- If it's on sale and you'll use it before it spoils, then stock up
- Compare unit pricing.
- Stick to your list!
- Buy less meat, soda, cookies, crackers, chips, deli, bakery and convenience items.



### **Stretch Food Dollars by Storing Foods Properly**

Save money by cutting down on the amount of food that you have to throw out.

- Refrigerate or freeze foods that can spoil as soon as you get them home from the store. Never let meat, poultry, seafood, eggs or milk sit at room temperature for more than two hours.
- Keep your refrigerator at or below 40°F and the freezer at 0°F. Use an appliance thermometer to check the temperatures.
- Do not buy food in cans that are swollen, punctured, dented, or badly rusted. Newly purchased cans that leak should be returned to the store for a refund or exchange.
- If you are ever in doubt about the safety of food, throw it out. It isn't worth the risk.

# Make Healthy Substitutions to Save Calories and Money

- Drink water or fat-free milk instead of soft drinks. Tap water is free. Fat-free milk is a good protein source. It also provides calcium for strong bones and healthy teeth, which will save you even more at the dentist!
- Instead of sweetened cereals, choose generic unsweetened hot and cold cereals. Look high and low on grocery store shelves to find these less expensive options. Bagged cereal tastes just as good & costs a lot less!
- Instead of cakes, cookies and chips, choose fresh, canned, frozen or dried fruits and vegetables. For extra savings when buying fresh fruits and vegetables, buy items when they are in season.
- Cooked dry beans are an inexpensive source of protein and other vital nutrients. You can substitute beans for meat in soup, rice dishes, pasta dishes and slow-cooker recipes.

Food Price	Substitution Price	Savings
12 pack of soft drinks <b>\$4.99</b>	Tap water <b>Free</b>	<b>\$4.99</b>
Sweetened cereal (18 oz.) <b>\$3.99</b>	Unsweetened cereal (18 oz.) <b>\$2.15</b>	<b>\$1.84</b>
Potato chips (14 oz.) <b>\$4.39</b>	Fresh carrot sticks (14 oz.) <b>\$0.75</b>	<b>\$3.64</b>
Snack cakes (15 oz.) <b>\$3.99</b>	Bananas (15 oz.) <b>\$0.85</b>	<b>\$3.14</b>
Ground beef (16 oz.) <b>\$4.00</b>	Beans (16 oz) <b>\$0.93</b>	<b>\$3.07</b>

Prices accessed 4/29/09 at Kroger, Little Rock, AR.

## Bean & Rice Burritos

Makes 8 servings

### Ingredients:

- 2 cups cooked rice
- 1 small chopped onion
- 2 cups cooked beans or 15 oz can, drained
- 8 (10 inch) flour tortillas
- 1/2 cup salsa
- 1/2 cup grated cheese

### Cost:

Per Recipe: \$ 2.98  
Per Serving: \$ 0.37

### Directions:

1. Preheat the oven to 300 degrees.
2. Peel the onion, and chop it into small pieces.
3. Drain the liquid from the cooked (or canned) beans.
4. Mix the rice, chopped onion, and beans in a bowl.
5. Put each tortilla on a flat surface.
6. Put 1/2 cup of the rice and bean mix in the middle of each tortilla.
7. Fold the sides of the tortilla to hold the rice and beans.
8. Put each filled tortilla (burrito) in the baking pan.
9. Bake for 15 minutes.
10. While the burritos are baking, grate 1/2 cup cheese.
11. Pour the salsa over the baked burritos. Add cheese. Serve warm.

**Nutrients per serving:** 370 calories, 8g fat, 3g saturated fat, 560mg sodium, 5mg cholesterol, 60g carbohydrate, 5g fiber, 13g protein



## Summer Feeding Programs

- If you're worried about feeding your kids over the summer break, check with your local DHS office about summer feeding programs in your area.