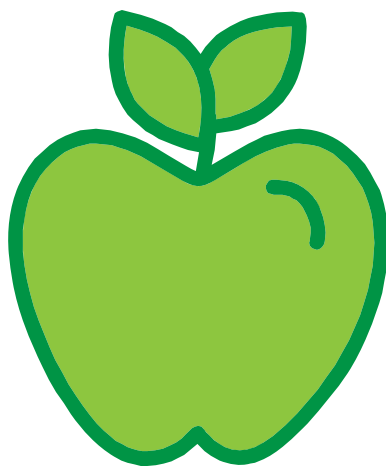


Eat Right...

Maintain Your Budget

March is National Nutrition Month®



For more information visit:

Eatright.org

EatSMARTmoveMoreEnc.com

FitCityChallenge.org

MeckHealth.org

MyPyramid.gov

NNM® is a campaign created by the American Dietetic Association.



Healthy meals do not have to be costly or hard to make. With a little bit of planning meals can be convenient, healthy, and inexpensive. Try these cost-saving, nutritious tips.



Choose easy one-pot recipes. Find dinner options that can last more than one night. Opt for one-pot meals with lots of veggies and a lean protein.



Use coupons. Clipping coupons or printing them from web sites can save you 10-15% on your grocery bill. Also, if you haven't already, consider joining your supermarket's shopper's club for price specials.



Follow portions for protein. Meat is usually the most expensive part of a meal. Remember a portion of meat is the size of a deck of cards (3 ounces). A pound of chicken breasts could serve 5 adults if you control portions.



Make a meatless meal. Beans are an excellent source of protein and are also an inexpensive way to create a healthy meal.



Think outside the crisper. Frozen or canned fruits and vegetables will last longer than fresh versions from the produce department and are just as nutritious.



Don't throw money away. Keep leftovers safe by refrigerating them quickly, use before they go bad and you can make one meal into a few. Rice and pasta can help stretch out a small amount of leftovers. Leftover chicken can be mixed with rice for a stir-fry or mixed with a pasta sauce over spaghetti.



Source: Adapted from the American Dietetic Association www.eatright.org



10 Steps to Spending Less and Eating Better

1. PLAN TO SHOP ONCE A WEEK

- Divide grocery money into weekly amounts.



2. CHECK NEWSPAPER ADS

- Watch for sale items.
- Buy extra staples when the price is low.



3. CHECK YOUR INVENTORY

- Check your cupboards, refrigerator, and freezer for foods and supplies you already have at home.

6. USE STORE OR BRAND COUPONS

- Use coupons for foods you need.
- Take coupons when shopping.



5. EAT BEFORE YOU SHOP

- Shop when rested.
- Shop when less crowded.
- Shop on a full stomach to avoid impulse buying.



4. Make a shopping list and keep to it!

7. BE AWARE OF MARKETING TECHNIQUES

- End of aisle displays
- Items at checkout counter
- Sweet cereals at children's eye level.



8. RESIST the Buy One Get One Free Items!



9. LIMIT CONVENIENCE FOODS

- Prices are higher
- Foods are often higher in fat, sugar and salt

10. READ THE FACTS ON THE LABELS

- Look for:*
- Serving Size
 - Servings in container
 - Ingredients
 - Freshness Dates



Better Shopping leads to a Happy and Healthy Family!



Quinoa is a whole grain and packs a nutritional punch. It is high in protein, making it an excellent choice for vegetarian entrées. Quinoa is gluten-free, making it easy to digest, and contains high amounts of fiber, calcium, phosphorus, magnesium, potassium, copper, zinc and iron. Try out the following quinoa recipe for a heart-healthy meal.

Ingredients:

(makes 10 servings)

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, peeled and chopped
- $\frac{3}{4}$ cup uncooked quinoa
- 1 $\frac{1}{2}$ cups vegetable broth
- 1 teaspoon ground cumin
- $\frac{1}{4}$ teaspoon cayenne pepper
- salt and pepper to taste
- 1 cup frozen corn kernels
- 2 (15 ounce) cans black beans, rinsed and drained
- $\frac{1}{2}$ cup chopped fresh cilantro



Directions:

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes,
3. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.

Nutritional Information

Servings (10)

Amount per serving

Calories	152
Fat	1.7 g
Fiber	7.7 g
Cholesterol	0 mg
Sodium	513 mg
Protein	7.7 g

Picture and recipe: Allrecipes.com

