

KALAMAZOO COUNTY HUNGER-FREE COMMUNITY COALITION

FOOD IS MEDICINE TOOLKIT

January 2019

Community Food Resources

January 2019 – March 2019

Food Pantries			
Area	Location	Address	Description of Services
<i>Kalamazoo County-wide</i>	Kalamazoo Loaves & Fishes	901 Portage St. Kalamazoo (269) 343-3663	Individuals are eligible to visit a KLF <i>Grocery Pantry Program</i> site once per calendar month with three additional visits per year. Call or come to our main office between 9am - 11am to schedule a same day appointment.
<i>Southside</i>	Dream Center	1122 Portage St. Kalamazoo (269) 382-4760	Tue, Wed, Fri. 9am – noon and 1pm - 4pm. Groceries available for Edison Neighborhood residents only, but daily food is available to anyone.
<i>Southside</i>	Salvation Army	1700 S. Burdick St. Kalamazoo (269) 344-6119	Emergency food, personal items, clothing and clothing vouchers to thrift store. May acquire food up to 4 times per year or every 3 months.
<i>Northside</i>	Dorothy Hobbs Food Pantry	1010 N Westnedge Kalamazoo (269) 344-7333	Monday and Thursday 9am - 11am. Located inside the Deacons Conference.
<i>Westside</i>	Agapé Christian Church	609 Cherokee St. Kalamazoo (269) 385-5772	Last Wednesday of each month 5pm – 6:30pm. Must fill out a form before visit.
<i>Portage, Vicksburg</i>	Valley Family Church	2500 Vincent Ave. Portage MI (near the Oakland Dr and I-94 Intersection) (269) 324-5599	Free groceries every Friday 10am – 11am. An optional devotion service is offered at 9:30am. All are welcome.
<i>Portage, Vicksburg</i>	Twelve Baskets Food Pantry	10332 Portage St. (269) 532-4912	Free grocery food pantry for Portage, Vicksburg, Three Rivers and Schoolcraft families. First and third Friday of each month 4pm – 7pm. Second and fourth Saturday of each month 8:30am – noon. Please bring ID.

For Seniors (60 +)		
Location	Address	Description of Services
Ecumenical Senior Center	702 North Burdick Street (269) 381-9750	Hot, prepared meals: Breakfast - Mon - Fri 9am to 10am Lunch - Mon - Fri Noon to 1pm (donation)
Salvation Army Commodity Supplemental Food Program	1700 Burdick Street (269) 344-6119	First Wednesday of each month 9:30am – 11am. Bring a valid ID (county, state, driver's license, or social security card). Enrollment can occur on day of distribution.
Senior Services	918 Jasper St Kalamazoo (269) 382-0515	Contact Senior Services for information on meals available at Friendship Center sites in the community and to sign up for Meals on Wheels.

Hot Meals/Prepared Food			
Area	Location	Address	Description of Services
<i>Northside</i>	Ministry with Community	500 N. Edwards St. Kalamazoo (269) 343-5880	Free daily meals – seven days a week Breakfast - 8am - 9am Lunch - 1:30pm - 2:30pm Also available are phones, showers, lockers, laundry facilities, assistance with birth certificates and identification, and basic life skills.
<i>Northside</i>	Kalamazoo Gospel Mission	448 N. Burdick St. Kalamazoo (269) 345-2974	Free daily meals – seven days a week Breakfast - 6am – 8am Lunch – 11:30am – 1:30pm Dinner – 4:30 pm – 7pm chapel and meal
<i>Downtown</i>	First United Methodist Church	212 S. Park St. Kalamazoo (269) 381-6340	Free meal on Sunday at 5:30pm (doors open at 5pm)
<i>Downtown</i>	First Presbyterian Church	321 W. South St Kalamazoo (269) 344-0119	Free meal every Wednesday at 5:30pm 1st/3 rd Wednesday – 6:15pm Prayer Service optional
<i>Southside</i>	Seventh-Day Adventist Church	1028 Walnut St. Kalamazoo (269) 343-0914	Free pizza every Tuesday at 9am
<i>Portage</i>	Portage United Church of Christ	2731 W. Milham Ave. Portage (269) 327-3114	<i>Wide Open Table</i> - Free lunch the third Saturday of each month 11:30am - 1pm

Additional Food Assistance Services		
Location	Address	Description of Services
Michigan Department of Health and Human Services	322 E. Stockbridge Ave. Kalamazoo (269) 337-4900	Provides food assistance, including SNAP (food stamps), to qualified individuals and families.
Kalamazoo County WIC Program	311 E. Alcott St. Kalamazoo (269) 373-5002 (269) 349-2647	Provides food benefits and nutrition education. Serves women and their children until the child turns 5 years of age. Call to schedule an appointment to enroll.



MOBILE FOOD INITIATIVE (MFI)

2019 Schedule (Jan - June)

Free groceries distributed monthly at locations throughout Kalamazoo County. No referral or appointment needed.

Please remember to bring bags and boxes to carry food.

Distribution Time/Location	Dates
12:00 PM DOUGLASS COMMUNITY ASSOCIATION 1000 W Paterson Street Kalamazoo	January 16
	February 20
	March 20
	April 17
	May 15
	June 19
9:00 AM CENTERPOINT CHURCH 2345 N 10th Street Kalamazoo	January 26
	February 23
	March 23
	April 27
	May 25
	June 22
7:30 AM SAINT ANDREW COMMUNITY CHURCH 3631 Covington Road Kalamazoo	January 26
	February 23
	March 23
	April 27
	May 25
	June 22
1:00 PM THE SALVATION ARMY 1700 S. Burdick Street Kalamazoo	January 23
	February 27
	March 27
	April 24
	May 22
	June 26
8:30 AM VICKSBURG UNITED METHODIST CHURCH 217 S Main Street Vicksburg	January 19
	February 16
	March 16
	April 20
	May 18
	June 15

For information on additional Kalamazoo County food programs, please visit kzoolf.org or call our Need Food line at 269.343.3663.
For information about the Food Bank of South Central Michigan's Fresh Food Initiatives, please visit foodbankofscmi.org

kzoolf.org
Need Food Line: 269.343.3663
Office Line: 269.488.2617
901 Portage Street, Kalamazoo



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2018-19 KPS SCHOOL-BASED GROCERY SITES

ELEMENTARY

EL SOL- FULL

WOODWARD- FULL

NORTHWESTERN-FULL

SPRING VALLEY- WINTER 2018

**WASHINGTON WRITERS
ACADEMY-FULL**

MIDDLE

HILLSIDE- HYBRID

MAPLE STREET- FULL

MILWOOD- HYBRID

LINDEN GROVE- FULL

HIGH SCHOOL

K CENTRAL- FULL

LOY NORRIX- HYBRID

Full service: provides food in several ways and will distribute more overall food per site. Must have adequate refrigerator and freezer space.

Hybrid- provides mostly small meals or snacks. Often doesn't have adequate space for shelves or refrigeration/freezer space.

NOTICE: Applying for Assistance

You have the right to apply for assistance today. The date you file determines when benefits may begin.

Get Your Application

You have two options for applying for assistance.

Online michigan.gov/mibridges

On Paper Assistance Application, MDHHS-1171

Complete Your Application

You must complete the entire Assistance Application before benefits can be approved.

If you cannot complete the entire application today, complete page one of the MDHHS-1171, Assistance Application today so we can get things started for you.



Assistance Application

Welcome!

Fill out the Assistance Application

Answer questions about you and your household.

Fill out Program Details:

Healthcare Coverage

Food Assistance Program (FAP)

Cash Assistance

Child Development + Care (CDC)

State Emergency Relief (SER)

Submit your application for one or more programs

It will be sent to your local MDHHS office for review and follow-up. You may need to interview with a MDHHS Specialist.

Receive your results

Submit this form by mail, fax, or bring it into a local MDHHS office

Find your nearest location at www.michigan.gov/ContactMDHHS or call 855-ASK-MICH

Apply online: www.michigan.gov/mibridges

← Refer to the Information Booklet for details on each program

What language do you prefer?

Spoken Language

Written Language

If you do not speak English, have a hearing impairment, or have a disability, let us know how we can help you (an interpreter, sign language, TDD/TTY phone number we should call, assistance listening device, etc.) or bring your own support.

إذا كنت لا تتحدث اللغة الإنجليزية، تعاني من إعاقة سمعية، أو لديك إعاقة، أخبرنا كيف يمكننا مساعدتك (مترجم فوري، لغة الإشارة، رقم هاتف TDD/TTY يجب أن نتصل عليه، جهاز الاستماع للمساعدة، إلخ) أو أحضر أجهزة المساعدة الخاصة بك.

Si no habla inglés, tiene una discapacidad auditiva o tiene una discapacidad, hagáenos saber cómo podemos ayudarlo (un intérprete, un lenguaje de señas, un número de teléfono TDD / TTY al que debemos llamar, un dispositivo de asistencia auditiva, etc) o puede traer su propio apoyo.

If you are refused help, call 855-275-6424.

Michigan Department of Health and Human Services

Case #:

ID #:

MDHHS-1171 (Rev. 10-18) Previous edition obsolete.

Help Is Available

If you need help with the application, please let us know.

If you need an interpreter, you may use one of your choice or we will provide one.

If you are refused help in filling out the application, call 855-275-6424.

County: _____

Michigan Department of Health and Human Services

Director's Name: _____

Office Hours: _____ to _____

Telephone Number: _____

This institution is an equal opportunity provider.

The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group because of race, religion, age, national origin, color, height, weight, marital status, genetic information, sex, sexual orientation, gender identity or expression, political beliefs or disability.

DHS-PUB-765 (Rev. 10-18) Previous edition obsolete.

Community Partners- MI Bridges

Do you need assistance with SNAP and other resources through MI Bridges? Check out the locations below that can help!

Access Partner: Provides Internet access and computers for clients to access MI Bridges.

Navigation Partner: Helps clients apply for benefits, find resources, and use MI Bridges.

- **Michigan Department of Health and Human Services**
(269) 337-4900
322 E. Stockbridge Ave. Kalamazoo, MI
- **Kalamazoo Public Library - Washington Square Branch**
Access Partner
269-553-7974
1244 Portage St. Kalamazoo, MI 49001
- **Community Living Options**
Navigation Partner
269-343-6355
626 Reed Ave. Kalamazoo, MI 49001
- **Seasons of Change Ministries**
Navigation Partner
269-388-4886
1323 Lane Blvd. Kalamazoo, MI 49001
- **Alcott Campus**
Navigation Partner
505 E Alcott St. Kalamazoo, MI 49001
- **Michigan Works Southwest**
Access Partner
Navigation Partner
269-385-0456
1601 S Burdick
St. Kalamazoo, MI 49001
- **Salvation Army MEAP at Kalamazoo Corps**
Navigation Partner
1700 S Burdick
St. Kalamazoo, MI 49001
- **Goodwill Industries of Southwestern Michigan**
Access Partner
Navigation Partner
269-382-0490
420 E Alcott St. Kalamazoo, MI 49001
- **Family Health Center**
Navigation Partner
269-349-2641
117 W Paterson
St. Kalamazoo, MI 49007
- **Catholic Charities Diocese of Kalamazoo**
Access Partner
Navigation Partner
1819 Gull Rd. Kalamazoo, MI 49048
- **Michigan Works Southwest Douglass Community Association**
Access Partner
1000 W Paterson
St. Kalamazoo, MI 49007
- **Gilmore Community Healing Center**
Access Partner
Navigation Partner
1910 Shaffer St. Kalamazoo, MI 49048
- **Guardian Finance and Advocacy Services**
Navigation Partner
2323 Gull Rd. Kalamazoo, MI 49048
- **Community Healing Center**
Access Partner
Navigation Partner
269-382-9820
2615 Stadium Dr. Kalamazoo, MI 49008
- **Alcott Center**
Navigation Partner
543 Mall Dr. Portage, MI 49024
- **St. Vincent de Paul at St. Martin of Tours - Vicksburg**
Navigation Partner
269-649-1629
5855 E W Ave. Vicksburg, MI 49097
- **Christian Neighbors SE**
Access Partner
Navigation Partner
269-685-4166
282 12th St. Plainwell, MI 49080
- **Salvation Army MEAP at Christian Neighbors**
Navigation Partner
282 12th St. Plainwell, MI 49080

Have a Bridge card? Get free fruits and vegetables with Double Up Food Bucks!

Getting free fruits and vegetables is EASY!
Anyone with SNAP benefits can get up to \$20 per day in FREE fruits and vegetables!

1. Find a store or farmers market on the list to



2. At stores, take your fresh produce to the cashier and say you'd like to use Double Up Food Bucks.
3. At farmers markets, find the Double Up Food Bucks station and show them your bridge card. They will give you \$1 for every \$1 you spend in fresh produce.

- **Town & Country Supermarket**
- **Peoples Food Co-op Natural Grocery & Deli**
- **Midtown Fresh Market**
- **Kalamazoo Farmers Market**
- **Portage Farmers Market**
- **Texas Township Farmers Market**
- **Vicksburg Farmers Market**



HAVE A BRIDGE CARD?

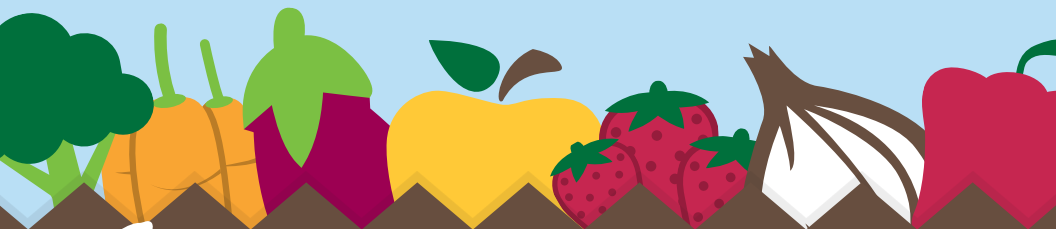
Get **FREE** fruits & veggies with
DOUBLE UP FOOD BUCKS



BUY \$1



GET \$1

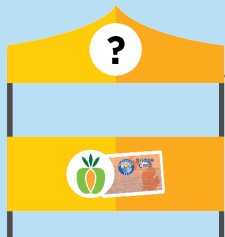


**250+ GROCERY STORES &
FARMERS MARKETS
FIND ONE NEAR YOU!**

DoubleUpFoodBucks.org | 866.586.2796

HERE'S HOW **DOUBLE UP** WORKS

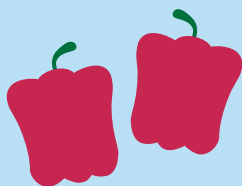
FARMERS MARKETS



GO TO INFO BOOTH

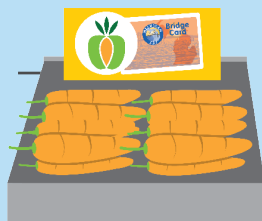


BUY SNAP ELIGIBLE FOODS
WITH BRIDGE CARD



USE FREE
DOUBLE UP FOOD BUCKS
FOR MICHIGAN GROWN
FRUITS & VEGGIES

GROCERY STORES



SHOP FOR PRODUCE



BUY FRESH FRUITS & VEGGIES
WITH BRIDGE CARD



USE FREE
DOUBLE UP FOOD BUCKS
FOR FRESH
FRUITS & VEGGIES

GET
STARTED!

BUY \$1
WITH YOUR
BRIDGE CARD

GET \$1 FREE
DOUBLE UP
FOOD BUCKS



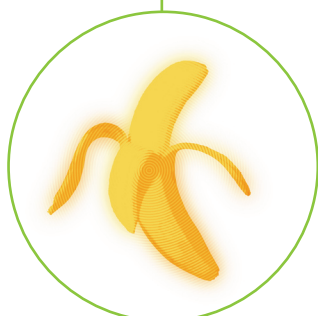
Have questions? DoubleUpFoodBucks.org | 866.586.2796 | info@doubleupfoodbucks.org



For other food assistance, contact the toll free Michigan Food Assistance Program Hotline: 855.ASK.MICH

30 WAYS in 30 DAYS

to Stretch Your Fruit & Vegetable Budget



- 1** Calculate an appropriate Healthy Food Budget for your family, based on USDA's Low-Cost Food Plan. This easy-to-use calculator, offered by Iowa State University Extension, helps to create a budget for what is a reasonable amount to spend to feed your family healthy meals. (www.extension.iastate.edu/foodsavings/fooddollar/).
- 2** Cook enough for several meals and freeze leftovers. Place enough food for 1-2 meals in each container.
- 3** Create a meal plan for the week that uses similar fruits and vegetables, prepared in different ways. Make the most out of the produce that you buy.
- 4** Buy fruits and vegetables in season at farmers' markets or at your local grocery store.
- 5** Grow your own vegetables. Invest a little in seeds, and get a lot of vegetables in return. Try indoor pots or greenhouse growing for the cooler months. Visit www.cdc.gov/Features/GrowingVegetables/ for more information.
- 6** Mix it yourself. 100% juice from frozen concentrate is often less expensive per serving than pre-bottled juice.
- 7** Minimize waste, by buying only the amounts your family will eat.
- 8** Learn basic food math. Taking the time to make a food budget before grocery trips can make food buying decisions easier. Simple food math can help you decide if the watermelon or the bunch of grapes is a better buy.
- 9** Enjoy the comforts of home more often. Eating at restaurants can increase the amount you spend on food. Include fruits and vegetables in quick, simple meals that you prepare at home. Visit http://recipefinder.nal.usda.gov/index.php?mode=pick_search&theme=2&cost_serving_num=&cost_recipe_num=&submit=Search for more information.
- 10** Be creative! To get the most out of your purchase, enjoy your fruits and vegetables in different ways. For example, you can use fruits for dessert. Try baking apples or poaching pears with some cinnamon. Visit <http://apps.nccd.cdc.gov/dnparecipe/RecipeSearch.aspx> and www.fruitsandveggiesmorematters.org/?page_id=10 for more information.

National Fruits & Veggies—More Matters® Month • September

- 11** **Homemade soup** is a healthy and tasty way to use vegetables. Make a big batch and freeze leftovers in small lunch-size containers.
- 12** **Look for sales and deals** on fruits & vegetables at the grocery store or through coupons.
- 13** **Cut your fruits and vegetables at home.** Pre-cut produce can cost much more than whole fruits and vegetables.
- 14** **Don't shop hungry.** Eat a healthy snack, such as an apple, before going to the grocery store so that you stick to your budget and avoid spending money set aside for fruit and vegetables on less healthy temptations.
- 15** **Maximize your time and money.** Cut coupons for foods, such as fruits and vegetables, only on your grocery list.
- 16** **Canned fruits and vegetables** will last a long time and can be a healthy addition to a variety of meals. Choose canned vegetables that have no added salt and fruit that is canned in 100% fruit juice.
- 17** **Frozen fruit** and vegetables store well in the freezer until you're ready to add them to a meal.
- 18** **Pick your own at local farms.** Late summer and early fall is a great time to pick your own fruits and vegetables. This can be a fun and less expensive way to buy in bulk and freeze, can, or dry for later.
- 19** **Dried fruit** lasts for a long time, but can be expensive. Buy in bulk with friends and share the cost.
- 20** **Store-brands** can be a great budget choice for many forms of fruits and vegetables.
- 21** **WIC (Women, Infants, and Children) and Senior Farmers Market coupons** can be used by WIC participants and older adults to purchase locally-grown, delicious fruits and vegetables.
- 22** **When trying new fruits and vegetables, buy in small amounts.** Taste test before you change your grocery list.
- 23** **Keep it simple.** Buy dried beans, peas, and lentils in their raw or uncooked form instead of the processed and packaged versions which cost more.
- 24** **Avoid buying single servings.** Purchasing many small packages of produce is often more expensive than buying in larger amounts.
- 25** **Shop at discount grocery stores** for good deals on fruits and vegetables, especially canned items.
- 26** **Shop at large grocery stores** instead of small convenience stores when possible. There is more choice and the produce is often less expensive at larger stores.
- 27** **To make many fresh fruits and vegetables last longer,** store them in the refrigerator or freezer soon after getting home from your shopping trip. Many cookbooks offer specific freezing instructions.
- 28** **Clearly label your foods** in the freezer and refrigerator with the contents and date to stay within a safe time frame.
- 29** **Get creative with your leftover fruits and vegetables.** Make salsa from your tomatoes and smoothies from your fruits! Visit www.fruitsandveggiesmatter.gov to learn how.
- 30** **Buy frozen fruits and vegetables in large bags** to stretch your budget (e.g., green beans and blueberries). Avoid those with added sugar, salt, or sauce.

CS205448-A



Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

Creative Ways to Use Healthy Foods from the Food Bank



Mix-it up with Fruits and Veggies!

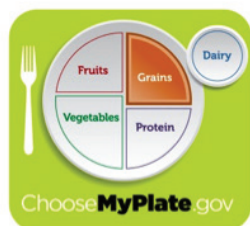
Fruits and veggies can help stretch meals and make you feel fuller longer.

- Mix in canned, frozen, or fresh veggies with rice, beans or pasta.
- Create a stir fry with whole grain rice and veggies.
- Add fresh, frozen, canned or dried fruit to salads.
- Add fresh, frozen or canned fruit to oatmeal or yogurt.
- Add fresh, frozen or canned vegetables to main dishes made with ground beef, shredded chicken, or tuna and casseroles.
- Add canned, frozen, or fresh vegetables to soups.



Calcium-rich Dairy!^{1,2}

- Enjoy low-fat milk, yogurt, and cheese to keep your bones and teeth strong and heart healthy!
- Make meat loaf or hamburgers with $\frac{1}{4}$ to $\frac{1}{2}$ cup dry milk per pound of meat.
- Cooked cereal: add $\frac{1}{4}$ to $\frac{1}{2}$ cup milk to each cup of cereal or oatmeal before cooking.

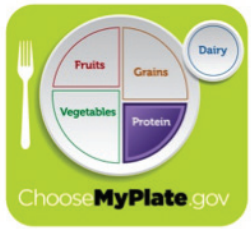


Great grains!

Grains and breads provide you with energy and are nutritious ways to stretch meals. Remember to make half your grains whole grains!

- Add brown rice to soups and stews.
- Top whole wheat bread slices with tomato sauce, spinach leaves, and cheese to make mini pizzas.
- Enjoy whole wheat pasta and add leftover veggies to the sauce.
- Top a yogurt and fruit parfait with crushed whole grain cereal.
- Bake bread in the oven then chop to use as croutons in salad.

Continued on reverse side



Protein power!

Lean protein helps you feel full and provides energy.

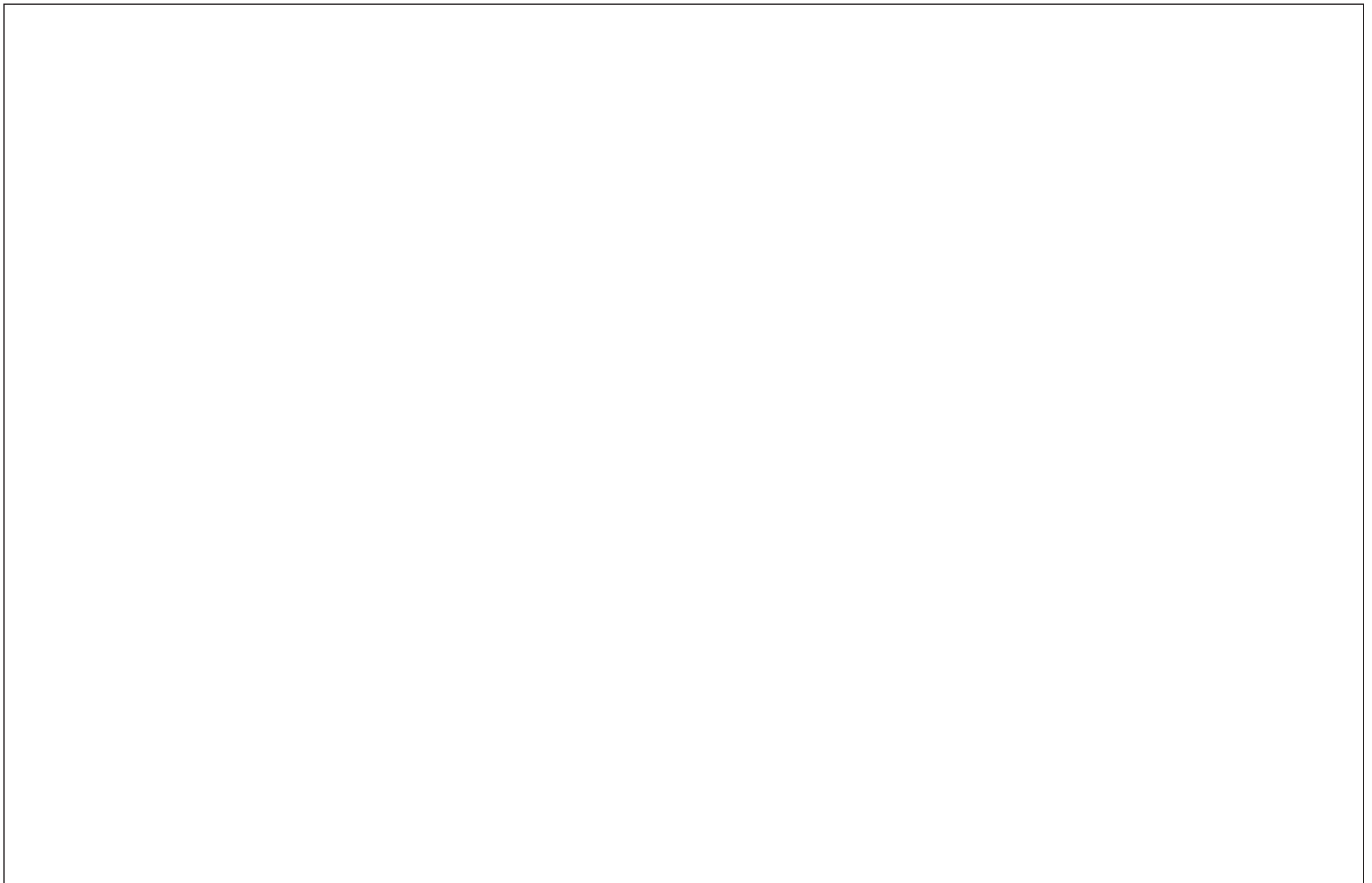
- Use canned peas or beans as toppings on salads and side dishes.
- Add pinto or black beans with salsa and spread on a corn tortilla or eat with baked tortilla chips.
- Canned tuna goes great with peas and rice.
- Add canned chicken or turkey to grilled cheese sandwiches.
- Include canned tuna or salmon in pasta dishes or macaroni and cheese.
- Use peanut butter to top toast or whole pieces of fruit.
- Make a peanut butter smoothie with low-fat milk, banana and ice.
- Make oatmeal with low fat milk instead of water for a boost of protein.

For more tips, visit www.kidseatright.org.

Sources

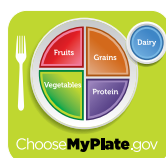
1. Roberts AJ, Jewkes MD. Non-Fat Dry Milk Recipes and Storage Recommendations. Utah State University Cooperative Extension.
2. USDA's Collection of Nonfat Dry Milk Recipes. United States Department of Agriculture. 2002.

This handout was developed through an educational grant from the National Dairy Council®.



Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

**10
tips**
Nutrition
Education Series



**MyPlate
MyWins**

Based on the
**Dietary
Guidelines
for Americans**

Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 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 cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



8 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.

9 Get creative with leftovers

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

10 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. Ask for water instead of ordering other beverages, which add to the bill.



Comer mejor con un presupuesto

¡Aproveche al máximo su presupuesto! Hay muchas maneras de ahorrar dinero en los alimentos que usted come. Los tres pasos principales son la planificación antes de comprar, la compra de los artículos al mejor precio y la preparación de comidas que aprovechen mejor sus dólares para la compra.

1 ¡Planee, planee, planee!

Antes de ir a la tienda de comestibles, planee sus comidas para la semana. Incluya comidas como guisos, guisados o sopas, que “aprovechan” artículos caros en más porciones. Compruebe qué alimentos tiene ya y haga una lista de lo que necesita comprar.



2 Consiga el mejor precio

Chequee el periódico local, en línea y en la tienda para encontrar rebajas y cupones. Pida una tarjeta de fidelidad para ahorros adicionales en las tiendas donde compra. Busque ofertas especiales o rebajas de carne de res y pescado, los cuales a menudo son los artículos más caros de su lista.

3 Compare y contraste

Localice el “precio unitario” en el estante directamente debajo del producto. Úselo para comparar diferentes marcas y diferentes tamaños de la misma marca para determinar cuál es la mejor compra.

4 Compre a granel

Es casi siempre más barato comprar alimentos a granel. Las opciones inteligentes son grandes contenedores de yogur bajo en grasa y grandes bolsas de vegetales congelados. Antes de comprar, recuerde comprobar si tiene suficiente espacio en el congelador.



5 Compre productos de temporada

¡La compra de frutas y vegetales de temporada puede reducir el costo y añadir a la frescura! Si no va a usarlos todos de inmediato, compre algunos que todavía necesiten tiempo para madurar.

6 Costos de la conveniencia... vuelva a lo básico

Los alimentos convenientes como cenas congeladas, frutas y vegetales pre-cortados, y las comidas para llevar a menudo pueden costar más que si se prepararan en casa. ¡Tómese el tiempo para preparar su propia comida y ahorre!

7 Bueno para su cartera

Ciertos alimentos suelen ser opciones de bajo costo durante todo el año. Pruebe los frijoles como alimento proteínico menos costoso. Para los vegetales, compre repollo, batatas o tomates enlatados bajos en sodio. En cuanto a las frutas, las manzanas y los plátanos son buenas opciones.



8 Cocine una vez... ¡coma toda la semana!

Prepare un gran lote de recetas favoritas en su día libre (el doble o triple de la receta). Congele en recipientes individuales. Úselos durante toda la semana y no tendrá que gastar dinero en comidas para llevar.

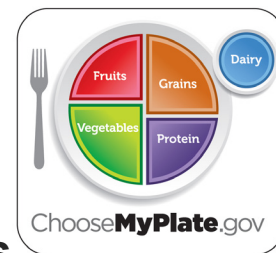
9 Sea creativo con las sobras

Anime las sobras, úselas de nuevas maneras. Por ejemplo, pruebe el pollo sobrante en un stir-fry, en una ensalada verde o en chili. Recuerde, ¡tirar la comida es tirar su dinero!

10 Comer fuera

Los restaurantes pueden ser caros. Ahorre dinero obteniendo el especial para madrugadores, saliendo a almorzar en lugar de cenar o buscando ofertas “2 por 1”. Pedir agua en vez de pedir otras bebidas, las cuales incrementan la factura.

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

la buena compra de vegetales y frutas



10 consejos para economizar en vegetales y frutas

Es posible incluir vegetales y frutas en todo presupuesto. Tomar decisiones nutritivas no tiene que costar demasiado dinero. Comer estos alimentos en cantidades suficientes promueve la buena salud y puede ayudarle a reducir el riesgo de contraer ciertas enfermedades. Hay muchas maneras económicas de satisfacer sus necesidades de consumo de frutas y vegetales.

1 celebre la temporada

Use frutas y vegetales frescos de temporada. Son fáciles de obtener, saben mejor y, por lo general, cuestan menos. Su mercado local es una fuente excelente de productos frescos de temporada.



2 no vale la pena pagar el precio completo

Busque en el periódico local, en internet y en las tiendas las ventas especiales, cupones de descuento y ofertas que pueden reducir el costo de los alimentos. A menudo, puede comprar más por menos en supermercados (o tiendas de descuento, si están disponibles).

3 mantenga una lista de compras

Planifique sus comidas por adelantado y haga una lista de compras. Ahorrará dinero al comprar sólo lo que necesita. No vaya de compras cuando tenga hambre. Ir de compras después de comer hará que sea más fácil pasar por alto los bocadillos tentadores. Tendrá más dinero disponible en su presupuesto para comprar vegetales y frutas.

4 pruebe productos enlatados o congelados

Compare el precio y la cantidad de raciones de las variedades frescas, enlatadas y congeladas de los mismos vegetales o frutas. Los artículos enlatados y congelados pueden ser menos costosos que los frescos. En el caso de artículos enlatados, elija frutas envasadas en 100% jugo de fruta y vegetales con etiquetas que indican "bajo en sodio" o "sin sal adicional" ("low in sodium" o "without added salt").



5 compre cantidades pequeñas frecuentemente

Algunos vegetales y frutas frescas no duran mucho. Compre cantidades pequeñas con mayor frecuencia para garantizar que pueda comerlos y no se echen a perder.

6 compre a granel cuando los artículos estén en venta especial

En el caso de los vegetales y las frutas que usa con frecuencia, las bolsas más grandes son más económicas. Las frutas y vegetales enlatados y congelados duran más y se pueden comprar en cantidades grandes cuando están en venta especial.

7 las marcas de las tiendas = ahorros para usted

Si es posible elija comprar las marcas de las tiendas. Obtendrá un producto idéntico o similar a un precio módico. Si su supermercado tiene una tarjeta de descuento para miembros, inscríbese para ahorrar aún más.

8 mantenga las cosas simples

Compre los vegetales y las frutas en sus formas más simples. Los alimentos pre cortados, pre lavados, listos para el consumo y procesados son convenientes pero a menudo cuestan mucho más que si se compran en sus formas frescas.



9 cultive sus propios vegetales y frutas

Cultive alimentos frescos, económicos y sabrosos, en el huerto, jardín, o en el balcón, para añadir a sus comidas. Para los principiantes, las hierbas, los pepinos, pimientos o tomates son buenas opciones. Busque en su biblioteca local o en línea para obtener más información sobre cómo sembrar un huerto.



10 planifique y cocine de manera astuta

Prepare de antemano y congele sopas, guisos u otros platos con vegetales. Eso le ahorrará tiempo y dinero. Agregue restos de vegetales a cazuelas, o mézclelos para hacer sopa. Las frutas maduras son excelentes para hacer batidos o para hornear.

Eat Healthy Your Way

Eating healthy on a budget



Take these three easy steps to pick and prepare healthy foods while minding your wallet! Check off the tips you will try.

Step 1: Plan ahead before you shop

Rodney: I plan what I'm going to make for dinner for the whole week. Then I make out my grocery list and never shop hungry. This way I stick to my list and don't buy pricey items on a whim. Since I have all the ingredients for my meals, I'm not tempted to order a pizza or run out for fast food. Eating at home keeps me on budget, and I am eating better too.

☐ Read the store flier to find out what is on special for the week.

- Plan your meals around the sale items. Look for lean meats, fat-free and low-fat dairy items, and fresh or frozen fruits and vegetables featured that week.

☐ Shop with a list.

- Make a shopping list **before** you go to the store as you plan what meals you'd like to make for the week. Stick to a list and avoid buying items on impulse . . . and off your budget.

Step 2: Shop to get the most value for your money

Carla: I buy fresh fruits and vegetables in season and save money this way. If I want berries in winter, I buy the frozen kind. Or, when I see chicken breasts or turkey breasts on sale, I buy several packs and freeze any extras to use later.

☐ Buy sale items and generic or store brands.

- Buy items featured in the store flier. Buy store or generic brands, as they often cost less than name brands.

☐ Choose frozen.

- Buy frozen vegetables without added sauces or butter. They are as good for you as fresh and can cost far less.

☐ Buy in bulk, then make your own single-serving packs at home.

- Mix a big box of whole-grain cereal with raisins and a dash of cinnamon. Put in small baggies for on-the-go snacking.
- Peel and cut up a big bag of carrots. Put in small baggies for lunches or an anytime healthy snack.



For more information, visit
www.healthfinder.gov

(turn over please)

Small changes can make a large difference

Step 3: Make cost-cutting meals

Padma: Stretch your food dollars by making a second meal from leftovers—just add items you already have in your pantry. I took last night's leftover baked chicken and cut it into small pieces. Then I added a can of black beans, a chopped onion, two cloves of garlic, spices, and some chopped tomatoes. I made a low-cost, tasty meal in 15 minutes! And my family got a healthy dinner.

❑ Make a second meal or a side dish from leftovers.

Stretch your dollars by adding items you already have on hand to make a second meal or tasty side dish.

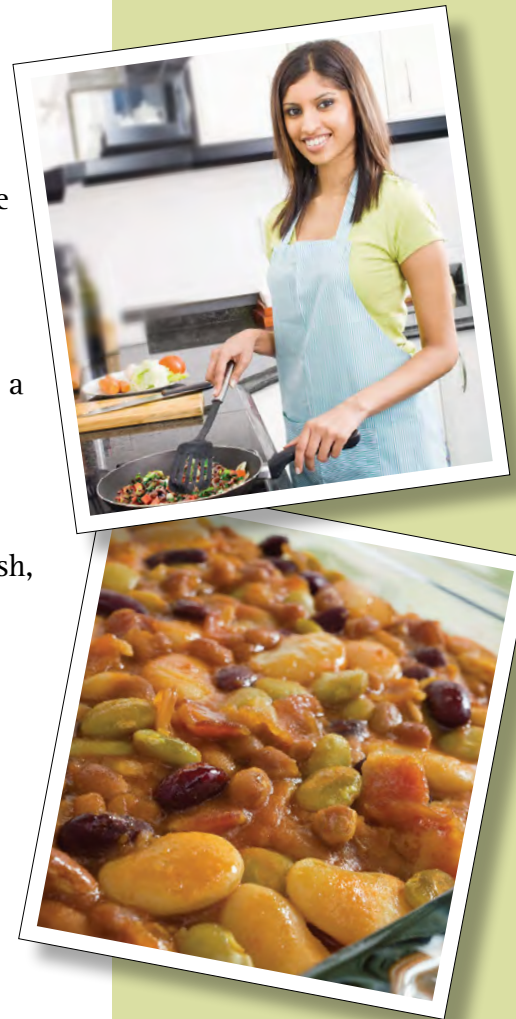
- Use leftover chicken or turkey in casseroles, soups, chili, stir-fries, or tacos.
- Use leftover brown rice in soups and casseroles. For a great side dish, cook brown rice with vegetables and a beaten egg in a pan coated with cooking spray.
- Add leftover cooked or raw vegetables to salads, omelets, or casseroles. Add the leftover veggies to whole-wheat pasta and water-packed tuna for a healthy, low-cost meal.
- Mix leftover fresh or canned fruit (packed in fruit juice) with low-fat plain yogurt or low-fat cottage cheese. Or put the fruit in oatmeal for a “good-for-you” breakfast.

❑ Go meatless one or more days a week.

- Replace meat with beans for a less costly way to get lean protein. Beans and brown rice are a nutritious way to stretch a dollar. Add lentils to soups. They are delicious, cook up quickly, and are packed with protein and fiber.
- Make breakfast for dinner! Prepare a vegetable omelet with eggs, spinach, tomatoes, mushrooms, and reduced-fat cheese. Serve with fruit and whole-wheat toast. Your kids will love the “upside-down day” that is budget-friendly for you!

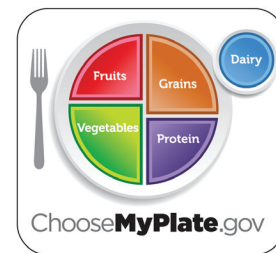
❑ Visit the Internet for recipe ideas.

- Look on the Internet for many healthy recipes. Just type the words “healthy meals on a budget” in the search engine. Or visit <http://recipefinder.nal.usda.gov> to get recipe ideas that are easy on the wallet and good for your body.



We hope these budget-stretching ideas will help you as you take steps to eat healthy.

eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 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.



8 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.

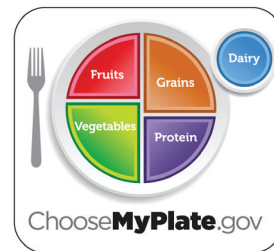
9 get your creative juices flowing

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!

10 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.

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

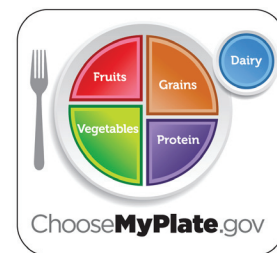
You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

10 tips

Nutrition
Education Series

focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 keep visible reminders
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 think about taste
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



3 think about variety
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4 don't forget the fiber
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



5 be a good role model
Set a good example for children by eating fruit every day with meals or as snacks.

6 include fruit at breakfast
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



7 try fruit at lunch
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 experiment with fruit at dinner, too
At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9 snack on fruits
Dried fruits make great snacks. They are easy to carry and store well.



10 keep fruits safe
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

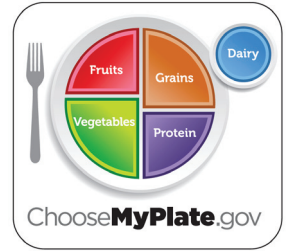


10 tips

Nutrition
Education Series

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

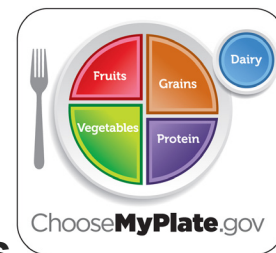
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

smart shopping for veggies and fruits



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USDA's Nutrition Assistance Programs: *Eat Right When Money's Tight*

FOOD AND NUTRITION SERVICE JANUARY 2012



CHECK OUT

- **MyPlate** at www.ChooseMyPlate.gov
Features practical information and tips to help Americans build healthier diets. MyPlate is designed to remind Americans to eat healthfully.
- **Community Corner** on the SNAP-Ed Connection at www.snap.nal.usda.gov
Find information, tips, and tools for making healthy lifestyle choices.
- **Recipe Finder** at <http://recipefinder.nal.usda.gov>
Contains over 600 low cost, nutritious, and delicious recipes in both English and Spanish.
- **The SNAP pre-screening tool** at www.snap-step1.usda.gov
See if you qualify for SNAP benefits and how much you might receive.
- Find the **location of your nearest SNAP office** at www.fns.usda.gov/snap/outreach/default.htm

Now More Than Ever, USDA's Nutrition Assistance Programs Can Help

Many families are concerned about the rising cost of food. Read on for tips on how to stretch your food dollars through budgeting, food selection, and low-cost recipes. If you are struggling to put food on the table, USDA's nutrition assistance programs may help.



Use foods you already have to plan menus.
Add missing foods to your shopping list.

Resources: Available For Food

- Know how much money you have to spend on food.
- Make a shopping list based on the money you have to spend.
- Buy only the amounts of fresh foods you can use before it spoils.
- Consider frozen or shelf stable items that last longer.

Planning: Making Meals With Foods On Hand

Before going to the grocery store, check what foods you already have.

Once you know what foods you have, ask these questions:

- What meals and recipes can I make using the foods I have?
- Can I mix foods together to make a tasty and nutritious meal?
- Which foods do my family need for good health?
- Plan what recipes you will make using your list of foods.

- Use other foods on your list such as vegetables, fruits, and whole grains to complete the menu.
- Once you plan your menus, make a new list for missing foods you need to buy.

Then:

~Turn the page for more tips on low-cost, healthy shopping.



Fruits and vegetables are usually less expensive when they are in season. Farmer's Markets always carry what is in season.



Look for bargains on day old bread. It costs less but is still nutritious.

Shopping: Before, During, and After

Before Shopping

- Make a shopping list. This helps you stick to your budget.
- Plan your meals. Planning helps put leftovers to good use.
- Look for coupons, sales, and store specials.
- For added savings sign up for the store discount card.

During Shopping

- Don't shop when you are hungry. It's easier to stick to your shopping list.
- Try store brands. They usually cost less.
- Compare products for the best deal.
- Check sell by dates. Buy the freshest food possible. It lasts longer.

After Shopping

- Store food right away to preserve freshness.
- Freeze food to prevent spoiling.
- Divide foods into small portions for children and elderly to prevent waste.
- Use foods with the earliest expiration dates first.

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 and 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 specials at the meat 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.



USDA's nutrition assistance programs provide assistance to millions of American households struggling to balance their budgets.



For more information, visit the SNAP-Ed Connection Web site.

USDA Nutrition Assistance Programs Can Help Make Ends Meet

You may qualify for more than Supplemental Nutrition Assistance Program (SNAP) benefits. If you get SNAP benefits and have children in school, they qualify for free lunch and breakfast. If you are low-income and pregnant, breastfeeding, a new mom or have children under five years old, you might qualify for Women, Infants and Children (WIC) benefits. The Emergency Food Assistance Program (TEFAP) is a Federal program that provides food to low-income persons. For more information on these programs, contact:

SNAP - Supplemental Nutrition Assistance Program

- For: Eligible low-income people and their families
- Call **1-800-221-5689**
- To find your nearest SNAP office visit:
www.fns.usda.gov/snap/outreach/default.htm

WIC - Special Supplemental Nutrition Program for Women, Infants and Children

- For: Eligible low-income pregnant or breastfeeding women, new moms, and children under age 5
- Visit: www.fns.usda.gov/wic/contacts/tollfreenumbers.htm

School Nutrition Programs

- For: Eligible low-income school-aged children
- Contact your local school or school district

TEFAP - The Emergency Food Assistance Program

- For: Eligible low-income persons
- Visit: www.fns.usda.gov/fdd/programs/tefap/tefap_eligibility.htm

Resources for SNAP Partners, Educators, and the Community

The SNAP-Ed Connection is an online resource center which contains information on healthy eating, using your food dollar wisely, and over 600 low cost recipes in English and Spanish. Visit the SNAP-Ed Connection at:

<http://snap.nal.usda.gov>



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EAT RIGHT WHEN MONEY'S TIGHT

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes

Shop SMARTER!

BEFORE Shopping

- ▶ **Plan your weekly meals and snacks.** Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.
- ▶ **Use store circulars and go online to look for coupons, sales, and store specials.** Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- ▶ **For added savings, sign up for the store discount card or bonus card** at your local supermarket.

PLAN AHEAD

- Plan to prepare and eat foods you already have at home first.
- Know how much money you have to spend on food.
- Make a shopping list based on the money you have to spend and what foods you will need.
- Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!

DURING Shopping

- ▶ **Have something to eat before you go shopping.** It's easier to stick to your shopping list when you are not hungry.
- ▶ **Try store brands.** They are the same quality and cost less.
- ▶ **Compare products for the best deal.** Use unit pricing and also the Nutrition Facts labels to get the best product for your money. For more on food labels go to: <http://snap.nal.usda.gov/resource-library/handouts-and-web-sites/using-nutrition-facts-labels>.
- ▶ **Check “sell by” or “use by” dates.** Buy the freshest food possible. For more on food product dating, go to: <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>.



AFTER Shopping

- ▶ **Store food right away** in the refrigerator or freezer to keep it fresh and safe.
- ▶ **If you buy a large amount** of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- ▶ **Use foods** with the earliest expiration dates first.



MORE TO EXPLORE...

MyPlate Healthy Eating on a Budget: <http://www.choosemyplate.gov/healthy-eating-on-budget.html>

Basic Nutrition for Everyone: <http://snap.nal.usda.gov/basic-nutrition-everyone>

What's Cooking? USDA Mixing Bowl: <http://www.whatscooking.fns.usda.gov/>

TIPS

BEST BUYS FOR COST AND NUTRITION

BREADS AND GRAINS

Choose **whole-grain breads**. Look for bargains on day-old varieties.

Buy **regular brown rice and old-fashioned oats and grits** instead of instant varieties to save money and consume less sugar, salt, and calories.

VEGETABLES

Buy **large bags** of frozen vegetables.

When choosing **canned vegetables**, look for “low sodium” or “no added salt” on the label.

FRUITS

Buy **fresh fruit in season** - it generally costs less.

Frozen and canned fruits are available year round, can save you money, and have similar nutrition values to fresh.

LOW-FAT OR FAT-FREE MILK PRODUCTS

Buy **low-fat or fat-free milk, yogurt, and cheese** in the largest size that can be used before spoiling. Larger containers cost less per serving than smaller sizes.

Ultra-pasteurized milk found on store shelves has a longer expiration date and won't spoil as fast.

MEAT AND BEANS

Dried beans and peas are a good source of protein and fiber. They can last a year or more without spoiling.

Canned tuna packed in water is an inexpensive healthy protein choice. Light tuna has less mercury than white (albacore) tuna.



Did You Know?

You may qualify for more than Supplemental Nutrition Assistance Program (SNAP) benefits. If you get SNAP benefits and have children in school, they qualify for free lunch and breakfast. If you have a low income and are pregnant, breastfeeding, a new mom, or have children under 5 years old, you might qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits. The Emergency Food Assistance Program (TEFAP) is another Federal program that provides food to low-income people.

USDA Nutrition Assistance Programs Can Help Make Ends Meet

For more information on the following programs, contact:

Supplemental Nutrition Assistance Program (SNAP)

For: eligible low-income people and their families

Call: 1-800-221-5689

Visit: <http://www.fns.usda.gov/snap/snap-application-and-local-office-locators>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

For: eligible, low-income pregnant or breastfeeding women, new moms, and children under age 5

Visit: <http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>

School Nutrition Programs

For: eligible low-income, school-aged children.

Contact your local school or school district

The Emergency Food Assistance Program (TEFAP)

For: eligible low-income people

Visit: <http://www.fns.usda.gov/tefap/eligibility-and-how-apply>



RESOURCES FOR SNAP EDUCATORS, PARTNERS, AND THE COMMUNITY

The SNAP-Ed Connection is an online resource center which contains information on healthy eating and using your food dollar wisely. Visit the SNAP-Ed Connection at <http://snap.nal.usda.gov>

How to store, refresh and re-purpose foods to save big money

 savingsangel.com/how-to-store-refresh-and-re-purpose-foods-to-save-big-money/

By Josh Elledge - Chief Executive Angel

September 18, 2018

When food items have gone stale, limp, or have otherwise become unpalatable, we tend to just throw them away. And if food is not stored properly, this can happen rather quickly. Stop this loss by knowing how to store, refresh and re-purpose foods to save big money.

How to store foods:

- **Apples:** Keep in a closed container or covered by plastic to maintain moisture. Use newspaper between any layers and do not allow them to touch each other. Store in a cool, dry place.
- **Bananas:** To slow down ripening, wrap the stems in cling wrap, either individually or with the stems still together. Another method is to keep them in the fridge. The skins will darken but the fruit will not.
- **Berries:** Gently wash in a solution of 1 part white vinegar to 3 parts water. Fully dry before storing in a container with holes in the refrigerator.
- **Celery:** Wrap in aluminum foil before refrigerating.
- **Citrus fruits:** Store in the refrigerator. When ready to use, microwave for 7-12 seconds, then roll them on the counter to release more juice and break up the fibers between the sections.
- **Ice Cream:** Put the entire container in a resealable freezer bag to maintain creaminess.
- **Mushrooms:** Place in a paper bag, then refrigerate to prolong their freshness and texture.
- **Soda:** Retain carbonation by dividing larger bottles into small, airtight containers.
- **Tomatoes:** Store at room temperature, stem-side-down.

Remember: Store fruits and vegetables separately in the refrigerator. Fruits and veggies give off different types of gasses, so don't store them together. And always keep apples separate from all other produce.

How to refresh foods:

- **Celery:** Cut the bottoms off the stalks and place in water in the fridge.
- **Chips and Crackers:** Place in a single layer on a cookie sheet. Crisp in an oven preheated to 375 degrees for 3-5 minutes. Alternatively, you can zap them in the microwave for about 10 seconds.
- **French Fries:** In a heavy-bottomed pan, heated to medium-high, spread in a single layer and crisp.
- **Lettuces:** Separate the leaves and revitalize in ice water for 5-20 minutes.

How to re-purpose foods:

- **Greens like kale or spinach:** Chop and freeze. Use in preparations such as soups, green smoothies, and stir-frys.
- **Fresh Herbs:** Place diced fresh herbs in an ice cube tray, fill the spaces with water or olive oil and freeze. Once frozen, pop them out, place in freezer bags, and store them in the freezer. Use them in recipes that can handle the included water or oil, such as sauces, stocks, pasta, or casseroles.

Note: Effect of Freezing on Spices and Seasonings

- Pepper , cloves, garlic, green pepper, imitation vanilla and some herbs tend to get strong and bitter.
 - Onion and paprika change flavor during freezing.
 - Celery seasonings become stronger.
 - Curry develop a musty off-flavor.
 - Salt loses flavor and has the tendency to increase rancidity of any item containing fat.
 - When using seasonings and spices, season lightly before freezing, and add additional seasonings when reheating or serving.
- **Various produce that needs to be used quickly:** The combinations are nearly endless for fruits and vegetables when making salsas, stocks, and spreads. Chop them up and mix with sugar and/or herbs and spices, as well as other ingredients like vinegar, salt, or citrus juice.



Storing Fresh Fruits and Vegetables for Best Flavor

Store in the refrigerator

FRUIT

Apples
(more than 7 days)
Apricots
Asian pears

Berries
Cherries
Cut Fruit
Figs
Grapes

VEGETABLES

Artichokes
Asparagus
Green Beans
Beets

Belgian Endive
Broccoli
Brussel Sprouts
Cabbage
Carrots

Cauliflower
Celery
Cut Vegetables
Green Onions
Herbs (not basil)

Leafy Vegetables
Leeks
Lettuce
Mushrooms
Peas

Radishes
Spinach
Sprouts
Summer Squashes
Sweet Corn

1. Place fruits and vegetables in separate, perforated plastic bags.
2. Use within 1-3 days for maximum flavor and freshness.

3. Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

Ripen on the counter first, then refrigerate

Avocados

Kiwi

Nectarines

Peaches

Pears

Plums

Plumcots

1. To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.

2. After ripening, store in refrigerator and use within 1-3 days.

Store only at room temperature

FRUIT

Apples
(fewer than 7 days)
Bananas

Citrus fruits
Mangoes
Melons
Papayas

Persimmons
Pineapple
Plantain
Pomegranates

VEGETABLES

Basil (in water)
Cucumber[†]
Eggplant[†]

Garlic*
Ginger
Jicama
Onions*

Peppers[†]
Potatoes*
Pumpkins
Sweet Potatoes*

Tomatoes
Winter Squashes

1. Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.

2. Keep away from direct sunlight.

*Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.

[†]Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

Cleaning Your Produce

Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature's natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

For information on how to store other fruits and vegetables go to **FruitsAndVeggiesMoreMatters.org**

Source: UC Davis Postharvest Technology

Eating on a Budget — The 3 P's

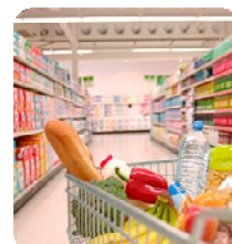
PLAN

- ✓ Plan meals and snacks for the week according to an established budget.
- ✓ Find quick and easy recipes online.
- ✓ Include meals that will “stretch” expensive food items (stews, casseroles, stir-fried dishes).
- ✓ Make a grocery list.
- ✓ Check for sales and coupons in the local paper or online and consider discount stores.
- ✓ Ask about a loyalty card at your grocery store.



PURCHASE

- ✓ Buy groceries when you are not hungry and when you are not too rushed.
- ✓ Stick to the grocery list and stay out of the aisles that don't contain items on your list.
- ✓ Buy store brands if cheaper.
- ✓ Find and compare unit prices listed on shelves to get the best price.
- ✓ Purchase some items in bulk or as family packs which usually cost less.
- ✓ Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- ✓ Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more than those that require a bit more prep time.
- ✓ Good low-cost items available all year include:
 - Protein — beans (garbanzo, black, cannellini)
 - Vegetables — carrots, greens, potatoes
 - Fruit — apples, bananas



PREPARE

- ✓ Some meal items can be prepared in advance; pre-cook on days when you have time.
- ✓ Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- ✓ Try a few meatless meals by substituting with beans and peas or try “no-cook” meals like salads.
- ✓ Incorporate leftovers into a subsequent meal.
- ✓ Be creative with a fruit or vegetable and use it in different ways during the week.





Understand the Price Tag

The price tag on the grocery shelf includes a lot of helpful information. Learn what the numbers mean!

Retail Price – This is the price you pay for each item.

Unit Price – The unit price will tell you how much an item costs per pound, ounce, quart, etc. It can be very useful when comparing two items!

The image below shows two different price tags. In the first one, the retail price is \$1.62 for one 32 oz. yogurt. The unit price, in the red box, is \$0.05 per oz. In the second one, the retail price is \$0.72 for one 6 oz. yogurt, but the unit price is \$0.12 per oz. Based on the unit price, you can determine that the larger, 32 oz. yogurt is the better buy because you are getting more for your money.



How is the unit price found?

TOTAL PRICE ÷ SIZE = UNIT PRICE

Example: What is the unit price of a 6 oz. yogurt that has a retail price (the price you pay) of \$0.72?

$$\$0.72 \div 6 \text{ oz.} = \$0.12$$

The unit price of this yogurt is \$0.12 per oz.

Last Updated: Apr 18, 2017