

# Smart Steps to Budget-Friendly Meals

Nutrition Education  
January 2023



## Plan Smart:

- Check out your local store's weekly ads and look for coupons. Stock up on items when they go on sale.
- After you know what is on sale, plan your meals. Keep menus simple, as they usually cost less and are easier to prepare.
- Create a shopping list of things you need. Stick to your list to limit impulse buying!
- For extra savings, join your grocery store's loyalty program.

## Buy Smart:

- Buy store brands, as they usually cost less.
- Look for the value-pack meats and freeze what you don't use.
- Buy fresh fruits and vegetables when they are in season as they cost less and are at the peak of flavor and nutrition.
- Frozen and canned fruits and vegetables last longer than fresh and they are as nutritious. Just avoid those with added sugars or salt.

## Cook Smart

- Rice and pasta are cheaper grain options. Add them to recipes like soup to increase the number of servings.
- Vary your protein choices. Eggs, beans, peas, and lentils are inexpensive protein options. Canned tuna and salmon are also low-cost and have a long shelf-life.
- Prepare larger recipes and save the leftovers for another day.

### Peach Sauce

*This budget-friendly peach sauce can be used as a topping on plain, nonfat yogurt, whole grain pancakes, or grilled chicken.*

- 2 15-oz cans of peaches, drained
- 1 tsp cinnamon

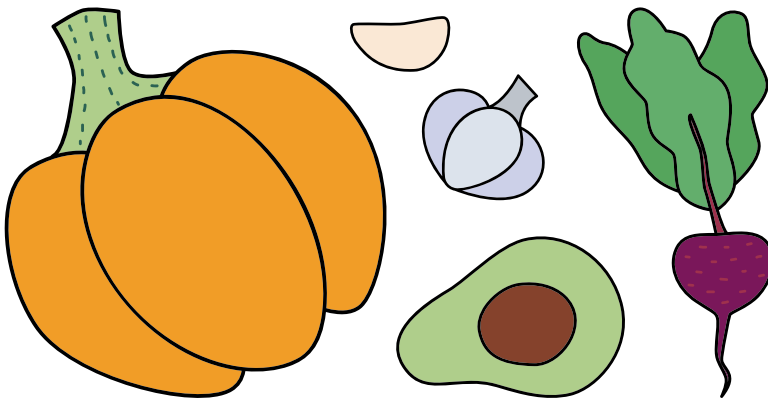
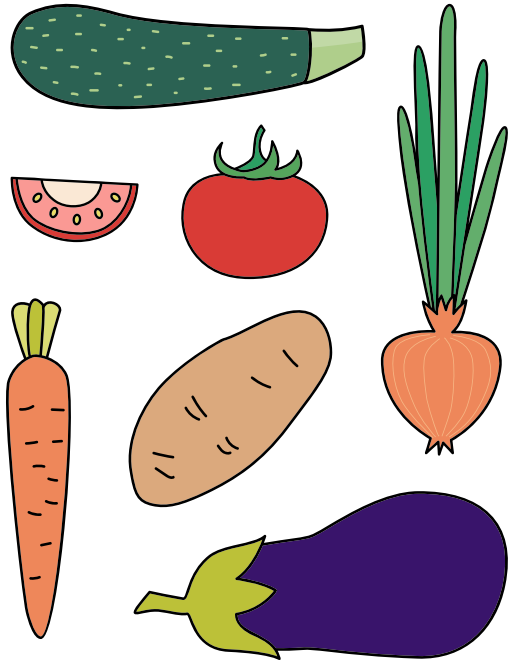
Pour peaches into a medium saucepan with cinnamon. Cook on low to medium heat for 20 minutes, stirring every few minutes. Mash to desired consistency with a potato masher or wooden spoon.

Source: [www.myplate.gov/recipes/myplate-cnpp/peach-sauce](http://www.myplate.gov/recipes/myplate-cnpp/peach-sauce)



# Vegetables Word Search

E	Z	A	P	U	M	P	K	I	N
T	U	O	N	I	O	N	E	O	Z
O	C	I	P	S	C	W	G	B	U
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A	V	O	C	A	D	O	T	O	S
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E	Z	A	P	U	M	P	K	I	N
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A	V	O	C	A	D	O	T	O	S
G	A	R	L	I	C	A	L	T	Y