

Going further with food



How to save money while feeding your family

It can be hard to feed your family on a budget. Use these ideas to limit food waste and make meals go further. These tips may help you save money.

Grocery Shopping Tips:

- Plan meals and snacks for the week before you go to the grocery store:
 - Check your cupboards, refrigerator and freezer to see what food you have.
 - Use store sales to help plan your meals and snacks. Buy extra canned and dry goods items when they are on sale. If meat is on sale, freeze it in smaller packages to use later. Look for coupons and sales at the store's customer service desk or on their website. After planning, make a list of what you need to buy. Take it to the store and stick to your list.
- Store brand foods most often cost less than name brand foods.
- Farmers markets can save you money because you are buying directly from the producer. Sometimes you can use WIC, Food Share, or SNAP Benefits. Use the website on page 2 to find a farmers market near you.
- Shop for fruits and vegetables that are in season. These foods taste best and cost less. Use this chart to know when fruits and vegetables are in season:

Spring	Summer	Fall	Winter	Year Round
Asparagus Spinach Strawberries	Apricots Blueberries Strawberries Cantaloupe Corn Cucumbers Eggplant Green beans Peaches Tomatoes Watermelon	Apples Broccoli Cauliflower Cranberries Grapes Mushrooms Pears Sweet Potatoes Winter squash	Grapefruit Oranges Turnips	Avocado Banana Carrots Celery Lettuce Onions Peppers Potatoes

- Canned or frozen fruits and vegetables are just as nutritious as fresh produce. Look for vegetables with no added salt. Pick canned fruit in light syrup or 100% juice. Choose unsweetened applesauce.
- Choose items that have many servings instead of single serving packages. Buy whole fruits and vegetables instead of pre-chopped fresh fruits and vegetables. Buy plain meats instead of pre-seasoned meats.

Cooking Tips:

- Meat, poultry, and fish can be expensive. Try planning meals without meat one or two days a week. Choose different protein sources that are less expensive. Some good choices are beans, eggs, peanut butter, or tofu.
 - In a recipe using ground meat or poultry, replace half the meat with beans.
- Make enough of your meals to have leftovers. Use leftovers for a second meal or freeze them for later. This works well for casseroles, soups and stews. Label the leftovers with the date it was made. Keep leftovers in a sealed container for 3 to 4 days in the refrigerator or 1 to 2 months in the freezer.

For food resources and recipe ideas, check these websites:

- Mission Healthy Kids: Children's Wisconsin website www.childrenswi.org
- Cooking Matters: www.cookingmatters.org
- No Kid Hungry: www.nokidhungry.org
- Wisconsin Farmers Markets: www.wifarmersmarkets.org
- Online cookbook: Good and Cheap by Leanne Brown www.cookbooks.leannebrown.com
- Always check recipe ingredients to make sure your child can have the ingredients. Here is one to try if it works for your child.

No-bake Energy Balls

Ingredients:

1 cup peanut butter
2 Tablespoons honey
1 teaspoon ground cinnamon
2/3 cup non-fat dry milk
3/4 cup crushed whole grain cereal or rolled oats

Instructions:

1. In a large bowl, mix together peanut butter, honey and cinnamon.
2. Stir in non-fat dry milk and crushed whole grain cereal or rolled oats.
3. Roll dough into one-inch balls and place on a plate.
4. Place in freezer for 30 minutes (optional). Remove and enjoy!

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.