

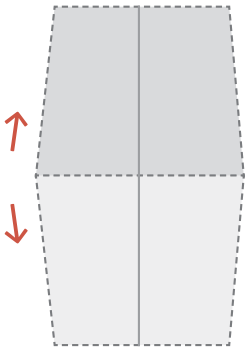




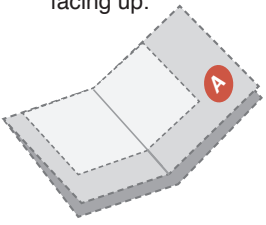
- Tools**
1. Don't grab  yet!
 2. You're also going to need a  and two staples.

1 Fold **A** in half.



Fold Line. Don't cut here.
Why? Turn to page H.

2 Keep **A** folded and turn over. With letter facing up.



3 Grab page **B**

Turn Over 

COOKING MATTERS
SHARE OUR STRENGTHS

teachers families at risk of hunger how to get more food for their money and better nourishment from those foods, as part of the No Kid Hungry campaign.

Share Our Strength
Share Our Strength's Cooking Matters®

IN COLLABORATION WITH

Environmental Working Group (www.ewg.org) is a not-for-profit organization that marshals the power of information to protect human health and the environment.

Want to fill your plate with delicious, healthy foods without breaking the bank? Good Food on a Tight Budget— Our top picks are based on average food prices. Check for the best local food prices. Check for the best local variety is important for health and happiness. Our lists are a good start, but try other affordable health experts have chosen them based on an in-depth review of government surveys and tests for nearly 1,200 foods.

Can't find something? Ask if the store manager can stock it. Happy, healthful eating from EWG with thanks to Share Our Strength.

Our food lists (page 6), shopping list (page 29), meal planner (page 30) and price tracker (page 31) are

Best buys  Read more  Health tip  Use caution 

PRICE TRACKER

Shop smart. Keep an eye on prices of items you buy often. Find stores with bargains and times when prices drop.

FOOD	STORE/DAYS/PRICE
Broccoli	Costco 2/5/12 \$1.55 lb
	Kroger's 2/1/12 \$1.65 lb
	Wal-Mart 4/22/12 \$1.59 lb
	Ann Market 5/1/12 \$1.56 lb

USING THIS GUIDE throughout the guide look out for these icons:

ABOUT THIS GUIDE

GOOD FOOD ON A TIGHT BUDGET

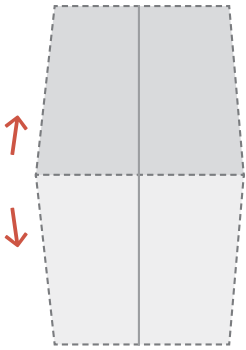
a shopping guide

Printed By:

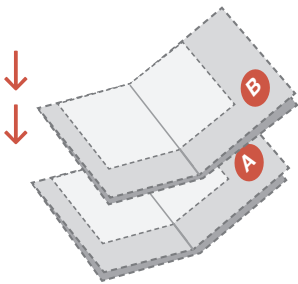
Environmental Working Group
1436 U Street NW, Suite 100
Washington, DC 20009
www.ewg.org



1 Fold **B** in half



2 Turn over, and lay on top of **A**



3 Grab page **C**

Turn Over

AT HOME

- **Cook and freeze** large batches (see recipes). Save money by cooking at home more and eating out less. Store food properly and throw less away.
- **Grow your own.** You can buy seeds with SNAP dollars. You don't need a backyard, just some containers, a sunny window and a little soil. Community gardens are often free. Try cherry tomatoes and lettuce first. Check out www.ewg.org/goodfood

BEFORE YOU SHOP

- **Plan and save.** Make a **meal plan** (page 30) and **shopping list** (page 29). Use the food you have and the deals you find in store ads and coupons.
- **Add more fruits and vegetables to your meal plan.** Fill half your plate with fruits and vegetables. You can get your 5 to 9 servings of fruits and vegetables a day for about the cost of a bus ride in most cities.
- **Add beans and lentils to your meal plan.** Pick beans and lentils instead of meat for 2 or more dinners every week – lots of protein for less money (see recipes).
- **Skip processed foods** like frozen pizza, cookies and soda. They usually cost more than fresh, healthy food. Canned foods are convenient, but eat fresh or frozen when you can to lower your exposure to toxic chemicals.

TOP TIPS
BETTER FOOD,
LOWER COST.

SHOPPING LIST

Weekly budget: \$ _____

The faster you shop, the less you spend. Nothing forgotten, lots of money saved.

VEGETABLES

Budget: \$ _____

GRAINS

Budget: \$ _____

PROTEIN

Budget: \$ _____

DAIRY

Budget: \$ _____

OILS AND OTHERS

Budget: \$ _____

FRUITS

Budget: \$ _____

MEAL PLANNER

Save money and time by planning meals for the next couple of days before you shop.

	BREAKFAST	LUNCH	SUPPER
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

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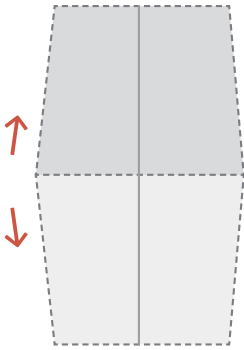
- About 2
- Top Tips 4
- Fruits 6
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- Grains 10
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- Dairy 14
- Cooking Fats & Oils 16
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Bonus!

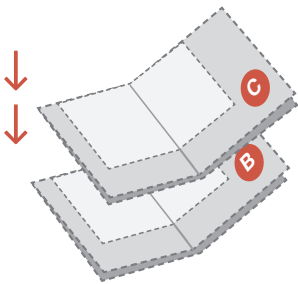
- Recipes 18
- A Healthy Budget 28
- Shopping List 29
- Meal Planner 30
- Price Tracker 31



1 Fold **C** in half.



2 Turn over, and lay on top of **B**



3 Grab page **D**

Whoops! Have you turned over?

Turn Over

Want to brush up on your cooking skills? Visit <http://cookingmatters.org/what-we-do/educational-outreach/> Free cooking classes might be available in your neighborhood.



Find more great recipes

<http://recipefinder.nal.usda.gov> is a database of low-cost, healthy recipes. You can search by price, ingredient, or cuisine. Scan the QR code.

- Rinse and peel carrots. Peel onion and garlic.
- Dice onion and carrots. Mince garlic.
- If using lime, mince now. Cut into wedges.
- In a large pot over medium-high heat, add turkey and brown.
- Add onion, carrots, and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
- Add beans, tomatoes, water, chili powder, and cumin to pot. Season with salt.
- Lower heat to medium. Cook until all flavors have blended, about 15 minutes.
- If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. Top each serving with 1 tablespoon yogurt.

Preparation:

- Basic ingredients: 1 medium onion, 2 medium carrots, 3 cloves garlic, 1 cup cooked or 1 can red or white kidney beans, no salt added, 1 tablespoon oil, 1 pound ground turkey, 2 cans diced tomatoes, no salt added, 1 cup water.
- Seasoning: 3 tablespoons chili powder, 1 tablespoon ground cumin, 3/4 teaspoon salt.
- Easy toppings: 1 medium lime, 2/3 cup non-fat plain yogurt.

SERVES 6

TURKEY CHILI WITH VEGETABLES

Dried apples are also nutritious but may have more pesticides than other fruits. Check prices for organic.

Don't overdo dried fruit - it has LOTS of sugar! One serving equals 1/4 cup.



DRIED FRUITS

Limit juice to 1 cup a day. Children should drink less.

**On medicine? Ask your doctor about grapefruit.

Check prices for organic.

Peaches are also nutritious but may have more pesticides than other fruits.



FRUITS

FRUITS

These fruits pack the most nutrition for the lowest cost.

SAMPLE SHOPPING LIST

Weekly budget: \$35 (One week's meals at \$5 a day.)

FRUITS

- Budget: \$ 6-7
- 7 pears
 - 7 bananas
 - 12 ounce box raisins

VEGETABLES

- Budget: \$ 8-9
- 1 pound frozen broccoli
 - 1 head cabbage
 - 2 pounds carrots
 - 5 pounds potatoes

GRAINS

- Budget: \$ 5
- 18 ounces rolled oats
 - 2 pounds brown rice

PROTEIN

- Budget: \$ 6-7
- 1 pound beans
 - 1 pound ground turkey

DAIRY

- Budget: \$ 5-6
- 1 gallon non-fat milk
 - 32 ounces plain yogurt

OILS AND OTHERS

- Budget: \$ 2-3
- 1 head of garlic

A HEALTHY BUDGET

For every \$25 you can spend on food, experts suggest:

- \$6 for vegetables
- \$5 for fruits
- \$4 for grains
- \$4-5 for proteins
- \$4 for dairy
- \$1-2 for oils and other foods



AT THE STORE

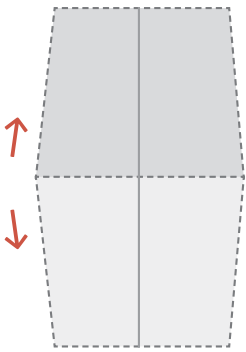
- Stock up to save money.** Foods that last include rice, beans, cooking oil and frozen foods. Buy extra when they're on sale. Check unit prices - bigger packages are often cheaper. Buy from bulk containers if your store has them.
- Spot bargains on fresh fruits and vegetables.** Use the price tracker (page 31) to find good deals on fruits and vegetables. Fresh produce prices can drop when they're in season, and they taste best then.
- Compare labels.** Healthier foods usually have less saturated fat, trans fat, salt (sodium) and sugar.
- Look for deals at your farmers' market.** Some will give you \$2 worth of produce for every \$1 you spend. Find a market near you at <http://search.ams.usda.gov/farmersmarkets/> or call Wholesome Wave at 203-226-1112.

NEED HELP?

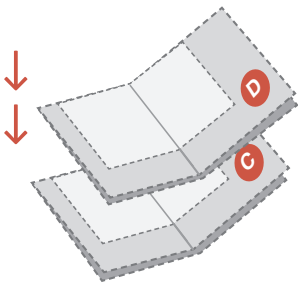
- Many programs provide food or help to purchase food. Learn more:
- SNAP (food stamps):** www.snap-step1.usda.gov (1-800-221-5689).
 - Use your phone:** Text your address to 415-889-8650 for the 5 nearest stores that accept SNAP.
 - WIC:** <https://stars.fns.usda.gov/wps/pages/start.jsf> (703-305-2746)
 - School Breakfast Program and the National School Lunch Program:** contact your child's school
 - Free summer meals for kids and teens:** 1-866-348-6479 www.strength.org/summermeals
 - Food banks and pantries:** www.feedingamerica.org/foodbank-results.aspx (1-800-771-2303, press 0)

D

1 Fold **D** in half.



2 Turn over, and lay on top of **C**



3 Grab page **E**

Turn Over

Tip Soup gets better with time. Making soup is a great way to use up foods that are in danger of going bad. Make a big batch and freeze or store in an airtight container for later.

- Before serving, sprinkle parsley on top and adjust seasoning to taste.
- Check your soup every 10-15 minutes to make sure there is enough liquid in the pot.
- Bring soup to a boil. Reduce heat to low. Partially cover and simmer until the meat or beans are tender (40 minutes to 1 hour for turkey, chicken, or beans, 1 to 1½ hours for goat).
- Add beans or meat. Brown 3-5 minutes.
- Add brown rice or barley now, or wait to add pasta later.
- Add enough water or low sodium (salt) vegetable, beef, or chicken stock to cover ingredients, at least 4 cups.
- Bring soup to a boil. Reduce heat to low. Partially cover and simmer until the meat or beans are tender (40 minutes to 1 hour for turkey, chicken, or beans, 1 to 1½ hours for goat).
- Check your soup every 10-15 minutes to make sure there is enough liquid in the pot.
- Before serving, sprinkle parsley on top and adjust seasoning to taste.

Preparation:

- In a large pot over medium-high heat sauté vegetables with 1 tablespoon oil until soft.
- Add your favorite seasonings to pot. Some suggestions: 1 bay leaf, ½ teaspoon of dried cumin, oregano, rosemary, or thyme, ¼ teaspoon cayenne pepper, and salt and pepper to taste. Stir and cook until you can smell them, less than 5 minutes.
- Add beans or meat. Brown 3-5 minutes.
- Add brown rice or barley now, or wait to add pasta later.
- Add enough water or low sodium (salt) vegetable, beef, or chicken stock to cover ingredients, at least 4 cups.
- Bring soup to a boil. Reduce heat to low. Partially cover and simmer until the meat or beans are tender (40 minutes to 1 hour for turkey, chicken, or beans, 1 to 1½ hours for goat).
- Check your soup every 10-15 minutes to make sure there is enough liquid in the pot.
- Before serving, sprinkle parsley on top and adjust seasoning to taste.

Ingredients:

- 1 lb turkey leg or thigh **and/or**
- 1 lb chicken legs or thighs **and/or**
- 1 goat leg or shoulder meat, cubed **and/or**
- 1 can low sodium (salt) tomatoes
- 1 handful fresh parsley, chopped
- Whatever you have and need to use up
- 1 cup brown rice **and/or** pasta
- 1 cup barley **and/or** whole wheat pasta

Meat or beans + **Vegetables** + **Whole grains**

COOKING WITH FRIENDS

SERVES 4



- tomato juice (low sodium (salt))
- tomatoes (low sodium (salt), canned)

- calabaza
- spanish pumpkin
- carrots
- pumpkin
- fresh
- sweet potato

RED/ORANGE

All of these (except broccoli and parsley) may have more pesticides than other vegetables. Check prices for organic.

- broccoli
- collards
- kale
- lettuce
- romaine
- mixed salad greens
- turnip greens
- spinach
- parsley
- mustard greens

DARK GREEN

These vegetables pack the most nutrition for the lowest cost.



VEGETABLES



BAKED FISH

serves 8

Basic ingredients + **Tartar sauce (Optional)**

2 pounds haddock or tilapia fish fillets, cut into 8 even-size pieces

oil

1 cup whole wheat flour

½ teaspoon salt

¼ teaspoon black pepper

2 large eggs

¼ cup nonfat milk

8 slices stale whole wheat bread or 2 cups whole wheat bread crumbs

juice from 1/2 medium lemon

1/2 cup low-fat mayonnaise

1/2 cup plain nonfat yogurt

3 tablespoons sweet pickle relish

1/4 teaspoon ground black pepper

- Preparation:**
- Preheat oven to 375°F.
 - To make your own crumbs, tear whole wheat bread into pieces and crush between fingers. Or grind in a food processor, if available. Place crumbs in a medium bowl.
 - In a second medium bowl, mix flour, salt, and black pepper.
 - In a third medium bowl, add eggs and milk. Beat with a fork.
 - Dip each piece of fish into flour and shake off excess. Then dip in egg mixture and then bread crumbs. Each piece should be fully coated with crumbs.
 - Lightly coat baking sheet with oil. Place fish pieces on sheet, evenly spaced. Lightly spray or drizzle oil on top.
 - Bake until fish flakes easily with a fork, about 15-20 minutes.
 - While fish cooks, prepare tartar sauce.
 - Rinse lemon. In a small bowl, squeeze juice. Discard seeds.
 - In a second small bowl, add mayonnaise and yogurt. Whisk with a fork until smooth. Add relish, black pepper, and 2 teaspoons lemon juice. Stir until combined.
 - When fish is cooked, serve immediately with fresh lemon slices or tartar sauce.

Tip Leftovers can be refrigerated for about 1 day. Reheat in oven at 350°F for 10-15 minutes. Add to fish tacos, wraps or salad.

TOP TIPS

FRUITS

Aim for variety and two servings daily.

- Love lemons. Put **lemon juice** in your salad dressing. Cook fish on a bed of **lemon slices** to add flavor and moisture and keep your pan clean.
- Cut and **freeze fresh fruit** when it's on sale or overripe. Use later in smoothies, oatmeal or yogurt (see recipes on pages 20 & 23). To eliminate clumping, lay pieces on a tray in the freezer or freeze pureed fruit in ice cube trays. When frozen, transfer to a bag.

SNACK SMART

These healthy snacks average **44 cents** per 1 cup serving—less than a postage stamp—and will power you up.

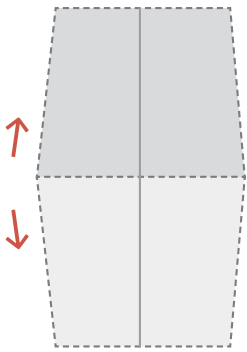


- Snack on fruits and vegetables.** You can get your five to nine servings a day for about the cost of a bus ride.
- Apricots, bananas, pears and tangerines** are great for lunch boxes (wrap apricots in a napkin to prevent bruising).
- Make a fruit bowl. Slice up a **kiwi** and chop **cantaloupe, watermelon, papaya** (or have kids do it themselves with a spoon or melon baller) or **starfruit** (kids love the shape) into bite-size pieces. Fill a small container for lunches.
- Try raw **carrots, broccoli** or **snow peas** as an afternoon snack. They are great dipped in hummus or bean dip (see recipe on page 24).

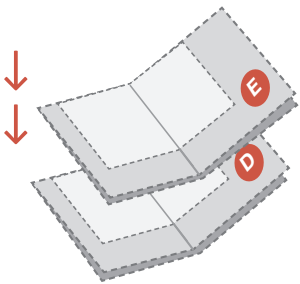


E

1 Fold **E** in half.



2 Turn over, and lay on top of **D**.



3 Grab page **F**

Just making sure you turned over.

Turn Over

Tip Have the kids help chop the fruit with you ahead of time and store for a quick after-school snack they can make themselves.

1. Add yogurt to a medium bowl.
2. Mix in honey, vanilla and cinnamon.
3. Wash and chop fruit into bite size pieces.

Preparation:

Mix together + **Select fruits**

1 cup plain non-fat yogurt	apricot
1 teaspoon honey	banana
1 teaspoon vanilla extract	kiwi
½ teaspoon cinnamon	nectarine
	papaya
	starfruit

Serves 2

FRUIT DIP

1. Put 1 cup of yogurt in a glass.
2. Rinse and chop ½ cup of your favorite fruits.
3. Top the fruit with ¼ cup of your optional tasty toppings. For an extra special treat, sauté a banana for 2 minutes with ½ tablespoon sunflower or other flavorless oil. Add 1 teaspoon vanilla and sauté until banana begins to break down, about 5 minutes.

Preparation:

Yogurt + **Fruit** + **Tasty toppings**

plain non-fat yogurt	apricot	banana	chopped almonds
kiwi	fresh sliced cranberries	granola	dried apricots
papaya	California raisins	peanuts	sunflower seeds
starfruit	walnuts		

Serves 1

YOGURT PARFAIT



DAIRY

BREAD AND PASTA

- **High fiber:** Try for at least 2 grams of fiber per serving in bread and 5 grams in pasta.
- **Low sodium (salt):** Pick whole grain bread or pasta with the lowest sodium content.

Read the nutrition facts

- **Low sugar:** Pick a whole grain cereal with the lowest sugar content.
- **High fiber:** Try for at least three grams of fiber per serving.
- **Lower sodium (salt):** Look for a cereal with less than 210 mg of sodium per serving.

Read the nutrition facts



BREAKFAST CEREAL

These foods pack the most nutrition for the lowest cost.

GRAINS
BREAD, PASTA
RICE AND MORE



STARCHY



Make room for other vegetables by eating less of these high-carbohydrate vegetables.

THE REST



*Potatoes and green beans may have more pesticides than other vegetables. Check prices for organic.

Eat more, and eat a variety of vegetables. You can't go wrong with vegetables! Our "best" picks are good to start with, but try other produce, too.

TOP TIPS

- **Vegetables about to go bad?** Freeze them or make soup (see recipe on page 25).
- Stock up on long-lasting vegetables and store them in a cool, dry place. **Potatoes, carrots, pumpkin, calabaza, and sweet potatoes** taste great for several weeks after you buy them. **Frozen vegetables and cabbage** keep well, too.
- Add healthy flavor. Toss **green onions** on stir-fries, dips, rice or soup. Stuff **parsley** in tomatoes, serve over grilled fish or meats, serve with hummus and pita or make tabbouleh (see recipe on page 20).

VEGGIE DIP

serve 2

Mix together + **Select veggies**

1 cup plain non-fat yogurt	broccoli spears
1 teaspoon lemon juice	carrots
1 tablespoon fresh dill or 1 teaspoon dried dill	snow peas
1 green onion, chopped	string beans
pinch of cayenne pepper (optional)	
salt and pepper, to taste	

Preparation:

1. Add yogurt to a medium bowl.
2. Mix in lemon juice, dill, green onion and spices.
3. Wash and chop vegetables into bite size pieces.

Tip Use a coffee filter or cheesecloth to drain yogurt first for a thicker dip.

MEAT & PROTEIN

CHEF ANN COOPER'S HUMMUS TRADITIONAL MIDDLE EASTERN DIP

serve 4

Mix together + **Select veggies**

½ cup extra virgin olive oil	broccoli spears
1 cup dried garbanzo beans	carrot sticks
1 ½ tablespoons lemon juice	chopped parsley
3 cloves garlic	snow peas
3 tablespoons tahini	string beans
salt and pepper to taste	

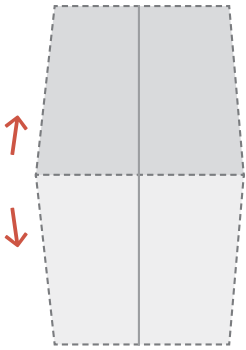
Preparation:

1. Bring garbanzo beans to a boil in at least 4 cups of water. Reduce to a simmer and cook until tender. Save some of the cooking liquid.
2. Combine ingredients in blender. Blend until very smooth.
3. If the consistency is too thick, add some saved cooking liquid and blend again until smooth. Top with chopped parsley
4. Wash and chop vegetables.

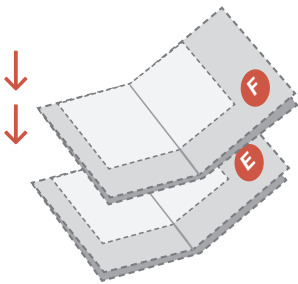
Tip Start with one clove of garlic, and add more to your taste.



1 Fold **F** in half.



2 Turn over, and lay on top of **E**



3 Grab page **G**

Turn Over

Tip Use any vegetables you have on hand. Cut vegetables into equal-size pieces so they cook evenly. Add vegetables like carrots that take longer to cook first. Vegetables with lots of water, like yellow squash or spinach, should go in last.

1. Cook rice following package directions. Set aside. Cover to keep warm.
2. While rice is cooking, make veggie mixture.
3. Rinse and chop broccoli. Peel, mince and chop carrots. Rinse and mince jalapeño. Peel and finely chop garlic, onions and fresh ginger.
4. In a small bowl, stir together soy sauce, brown sugar and flour. Add 1 teaspoon of the minced jalapeño. Stir. If using tofu, marmite in sauce and set aside.
5. If using chicken or turkey, remove skin. Cut into small pieces.
6. Heat 1 tablespoon oil in a skillet over medium-high. Add ginger and stir-brown and completely cooked through but not dry, about 5 minutes.
7. Remove from pan and set aside.
8. Cook until veggies are tender, about 5 minutes.
9. Add the last tablespoon of oil and your chopped veggies. Stir frequently. Add sauce mixture. Bring to a boil. Reduce heat. Add nuts now, if using, and add back in your protein choice. Simmer until sauce is slightly thickened, about 2 minutes.
10. Serve over warm brown rice.

Preparation:

Protein choices	Sauce	Basic Ingredients
6 oz chicken (about ¾ of a breast)	1 cup low-sodium soy sauce	1 cup brown rice
6 oz turkey (about the size of 2 decks of cards)	1 tablespoon whole wheat flour	2 tablespoons oil
½ package of firm tofu	1 tablespoon brown sugar	1 clove garlic, finely chopped
½ cup almonds	1 very small jalapeño or chili pepper, minced	1 tablespoon fresh ginger or ¼ teaspoon ground ginger
¼ cup peanuts		½ pound broccoli

Serves 4

CHINESE VEGGIES AND RICE



BEANS & MORE



SEAFOOD

These proteins pack the most nutrition for the lowest cost. **Protein MEAT SEAFOOD BEANS & MORE**

BARLEY STEW

Serves 4

Basic Ingredients	Vegetables	Spices
1 cup barley or brown rice	3 medium onions	½ teaspoon cayenne pepper
2 ½ cups water	2 cloves garlic	1 ½ teaspoons dried oregano
2 bay leaves	2 medium carrots	salt and pepper to taste
1 tablespoon oil	2 zucchini or chayotes	
4 oz ground turkey or ground, bone-in, or cubed goat	½ pound of okra, or other vegetable	
1 cup cooked or 1 can pinto or black beans, no salt added	4 cups fresh or frozen dark greens	
	2 cans diced tomatoes, no salt added	

Preparation:

1. In a colander, rinse barley under cold water.
2. In a medium pot over high heat, bring barley or rice, water and bay leaves to a boil. Reduce heat to low and cover. Cook until tender and water is absorbed, about 30–40 minutes. Set aside.
3. Peel, rinse and dice onions. Peel and mince garlic.
4. In a large pot over medium-high heat, heat oil. Add chopped onions, garlic, carrots and other veggies to pot. Mix well. Cook until veggies are soft, about 5 minutes.
5. If using turkey, add ground turkey. Cook until turkey is cooked through, about 5 minutes more.
6. Add tomatoes and their juices. Add rinsed and drained beans. Bring to a simmer.
7. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes.
8. Skip this step if you are not using goat. Otherwise, add goat and cook over low heat until goat is tender—at least an hour.
9. Add cooked barley or rice to the mixture. Stir to combine. Add more water, if needed. Cook over low heat to blend flavors, about 5–10 minutes more.
10. Remove bay leaves and serve.

Tip Make a big pot ahead of time and refrigerate for a quick and sustaining dinner throughout the week. You can double the recipe and freeze half – but don't double the cayenne pepper unless you like it very spicy.

RICE AND OTHER GRAINS



TOP TIPS

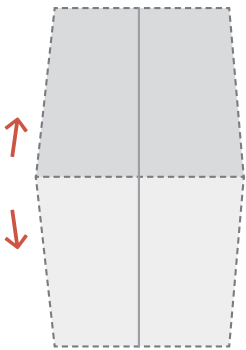
- **Don't be fooled.** Read the label. Make sure the word "whole" is the very first ingredient listed. "Multi-grain" or "wheat" isn't enough. Just because it looks brown, doesn't mean it's whole grain.
- **Start kids off right** with whole grains, not white bread and white pasta. If they're not used to whole grains, mix them in gradually.
- **Buy in bulk and stock up during sales.** Make your own oatmeal (see recipe page 20). Packets cost more and are often loaded with salt and sugar. Buy **brown rice** in bulk and mix with white rice if needed to lower cost. Buy **whole grain bread** on sale and save in the freezer.
- Ready for something new? Try **quinoa** instead of rice. Look for it on sale or in bulk.

Recipes

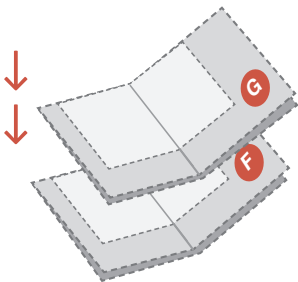
1. Tasty oatmeal – page 20
2. Chinese veggies and rice – page 21
3. Tabbouleh – page 20
4. Barley stew – page 22



1 Fold **G** in half.



2 Turn over, and lay on top of **F**



3 Grab page **H**

Almost there, get your tools!

Turn Over

Tip The browner they get, the sweeter and more kid-pleasing the caramelized vegetables will be.

6. Tossing every 15 minutes.
5. Bake until veggies are browned at the edges and tender inside, checking and spreading every 15 minutes.
4. Coat veggies with sweet or savory mix.
3. Mix together the sweet or savory seasoning.
2. Rise and chop vegetables into bite-size chunks of equal size.
1. Preheat oven to 425°F.

Preparation:

15 Brussels sprouts 1 medium onion, chopped 4 carrots 4 cabbaza 3 choytes 1 eggplant 1 pound okra ½ pumpkin 3 summer squash 2 sweet potatoes or yams	1 chopped sweet potato, yams, or pumpkin 2 garlic cloves, chopped 2-3 tablespoons olive oil 1 teaspoon rosemary or thyme ½ teaspoon salt ¼ teaspoon black pepper	best with cabbaza, sweet potatoes, yams, or pumpkin 2-3 tablespoons oil 1 teaspoon brown sugar (optional) ½ teaspoon cinnamon ¼ teaspoon salt
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KID-APPROVED ROASTED VEGGIES serves 2

Choose 1 vegetable + **Savory mix** + **Sweet mix**

Tip Ginger packs a punch; mix in 1 tsp fresh or a pinch ground.

Instructions:

- Rise and chop 2 cups cabbage, ½ cup carrots and/or ½ cup snow peas.
- Mix dressing & combine with cabbage. Rice or apple cider vinegar are best.
- Rinse and chop ¼ cup of any tasty topping. Toss on top.

Vegetables + **Dressing** + **Tasty toppings** serves 2

¼ cup oil ½ cup vinegar* 3 tablespoons soy sauce (low sodium) 3 tablespoons brown sugar 2 tablespoons peanut butter or crushed peanuts black pepper to taste	¼ cup oil ½ cup vinegar* 3 tablespoons soy sauce (low sodium) 3 tablespoons brown sugar 2 tablespoons peanut butter or crushed peanuts black pepper to taste	¼ cup oil ½ cup vinegar* 3 tablespoons soy sauce (low sodium) 3 tablespoons brown sugar 2 tablespoons peanut butter or crushed peanuts black pepper to taste
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CRUNCHY PEANUT SLAW serves 2

Vegetables + **Dressing** + **Tasty toppings**

GRAINS

TASTY OATMEAL serves 2

Oatmeal	Fruit	Tasty toppings
1 cup rolled oats 2 cups water ½ teaspoon cinnamon	apricot dried apricots banana fresh sliced cranberries sliced nectarines papaya California raisins	sliced almonds walnuts

Preparation:

- Bring oatmeal and cinnamon to boil in a pot.
- Turn down to simmer. Stir occasionally. Cook until thick and creamy, between 5 and 10 minutes.
- Chop ½ cup dried or 1 cup fresh fruit into bite-size pieces. Mix into simmering oatmeal or save to toss on top with the rest of your tasty toppings.

Tip Make a big pot and refrigerate for a quick and sustaining breakfast throughout the week. Or make a single serving in the microwave: mix ½ cup rolled oats, 1 cup water and a pinch of cinnamon. Microwave for 2-3 minutes.

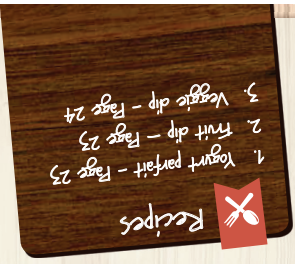
TABBOULEH TRADITIONAL MIDDLE EASTERN SALAD serves 6

Basic ingredients	Seasoning	Tasty toppings
1 ½ cups boiled water 1 cup bulgur wheat 2 cups fresh parsley, chopped 1 large tomato, diced	juice from 2 lemons 2 tablespoons oil ¼ teaspoon salt and pepper pinch of cayenne pepper or paprika	¼ cup cooked garbanzo beans ¼ cup sliced almonds 3 green onions, chopped ¼ cup mint leaves

Preparation:

- Boil 1 ½ cups of water. Pour boiled water over bulgur in a large bowl. Cover and set aside until soft and chewy, about 30 minutes.
- In a colander, drain excess liquid from bulgur mixture.
- Add parsley, tomato and seasoning to bulgur and your choice of toppings.

Tip Bulgur and parsley are nutrition superstars and great buys. This delicious salad made with both makes a fantastic lunch and a yummy leftover.



Not all dairy products are rich in calcium. Fatty foods like cream cheese, sour cream, and butter have little or no calcium and should be used sparingly.

Health experts recommend fat-free or low-fat (1%) milk—as much calcium, with fewer industrial pollutants and calories. Infants are the exception: Children under 1 year old should not drink cow's or soy milk. Children ages 1 to 2 can drink whole cow's milk. Children older than 2 should drink low-fat (1%) or fat-free (skim) milk – like the rest of the family. For kids not used to low-fat milk, mix it in gradually.

MILK

These dairy foods pack the most nutrition for the lowest cost.

low-fat dry milk
non-fat dry milk
soy milk
non-fat or skim milk
low-fat (1% milk)

NUTS & SEEDS

almonds roasted, unsalted	pecans
hazelnuts	sunflower seeds
peanuts roasted, unsalted	walnuts

MEATS

chicken remove skin	turkey light and dark meat, remove skin
goat*	

*Goat is the world's most commonly eaten meat. See recipe on page 25.

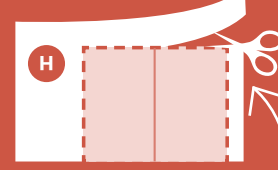
! Skip processed meat like hot dogs, sausage and deli meats. They are high in salt and additives. Lean meats have fewer pollutants.

TOP TIPS

- Eggs, beans and nuts are excellent sources of protein and easy to add to almost any dish.
- Add nuts to oatmeal, cereal, salads and stir-fries for a healthy, hearty meal. Raw nuts are often cheaper. Roast them for a delicious snack. Nuts stay fresh longer in the freezer.
- Whole or cut-up bone-in chicken can be a money saver. Bake extra and use all week. Buy family-size packs on sale and freeze.
- Soak and cook dried beans to save money. Canned beans save time, but rinse them before using.

H

3 Fold along the middle and recycle left over paper.



2 Cut along the dotted line with your scissors.



1 Put two staples along middle of the stack.

Fold Line. Never cut here.

Last Steps ↓
Do the first 3 steps as from all the other pages, in addition to the new fantastic steps above!

Used often
salt
pepper
onions
cumin
bay leaves
vanilla extract
chili powder
cilantro
lemon juice
garlic
thyme
rosemary
cumin
pepper
salt

Handy to have
parsley
paprika
dried oregano
lime juice
ginger
fennel
dill
cinnamon
vanilla extract
chili powder

SPICES
These longer-lasting supplies can be bought in bulk or in larger sizes when on sale.
Used often
vinegar
soy sauce
low sodium (salt)
peanut butter
honey or brown sugar
Dijon mustard
stock for soups
low sodium (salt)
whole wheat flour

Handy to have
When you can find them. Grinding only what you need (kids love using a mortar and pestle) helps them keep longer—and you don't have to use as much. Ethnic markets often stock spices at good prices. The best way to save on spices: grow your own!

STAPLES
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STAPLES AND SPICES



COOKING FATS AND OILS

OILS
These oils have the most nutrition for the lowest cost.
canola oil**
corn oil**
olive oil**
peanut oil
safflower oil**
soybean oil**
sunflower oil**

TOP TIPS
*Looking to avoid GMOs? Check prices for organic.
**Use these oils to give a flavor boost to salad dressings. Or mix 1 part with 9 parts of cheaper cooking oil for great flavor and nutrition at lower price.
Skip solid and trans fats. If it's solid at room temperature or the label says trans fats, beware. Limit these fats for heart health. Remove chicken skin. Eat less beef, pork, cheese, lard, butter, stick margarine, shortening and foods with partially hydrogenated oils.

Recipes
1. Step-by-step salad dressing - Page 18

RECIPES
Cooking at home is the best way to save money and enjoy good food.

VEGETABLES

MAKE-IT-A-MEAL SALAD serves 2

Leafy greens	Select veggies	Tasty toppings
mixed greens romaine lettuce spinach a mix of what you have on hand	broccoli carrots red cabbage snow peas	sliced almonds and tangerine slices avocado and cooked red beans leftover chicken, sliced fresh cranberries and toasted sunflower seeds diced pear and walnuts cooked garbanzo beans and homemade whole wheat croutons—cut up and toast stale bread

Preparation:
1. Rinse, drain and chop 4 cups of leafy greens. Put in a bowl.
2. Rinse and chop ½ cup of each of the vegetables and add to the bowl.
3. Add ½ cup salad dressing (recipe below).
4. Finish with ½ cup of the optional tasty toppings.

Tip If you have leftover vegetables, chop and store in airtight container for later. For a kid-friendly salad, add chopped pear, tangerine or avocado.

STEP-BY-STEP SALAD DRESSING serves 2+

Oil	Citrus or vinegar	Seasoning
olive sunflower whatever you have	lemon, lime or orange juice or mix 1 tsp Dijon mustard and vinegar	salt, pepper, garlic, fresh or dry herbs: parsley, rosemary, thyme, etc.

Preparation:
1. Mix 2 parts oil with 1 part citrus or your choice of vinegar. 2 servings is 5 Tbsp oil plus 2 ½ Tbsp of vinegar.
2. Flavor with your choice of seasonings, to taste.

Tip Use olive oil mixed with a low cost oil to add lots of flavor for little money.

CHEESE

cottage cheese
queso fresco
queso blanco
ricotta
Puerto Rican white cheese

♥ Eat less cheese. Low fat cheddar, Colby, Monterey and mozzarella can have a lot less saturated fat but may have more sodium (salt) and additives.

YOGURT

non-fat plain yogurt

♥ Skip flavored "light" and "lite" yogurts, often loaded with sugar, artificial sweeteners and additives. Add fruit to plain yogurt or cottage cheese.

TOP TIPS

- Dry milk powder plus water makes a low-cost substitute in recipes.
- Freeze cheese that starts going bad. Defrosted cheese tastes best melted. Don't buy shredded cheese – shred it yourself.
- Substitute yogurt for cream and sour cream in recipes. Drain yogurt in a coffee filter to thicken. To cut cost and packaging waste, buy in large containers and measure out small servings.