

6 Tips For

Save Money without Sacrificing Nutrition



1 Choose Low-cost Foods

Here are some low-cost foods that are available year-round.



Fruits/Vegetables

- ◆ Apples
- ◆ Bananas
- ◆ Grapes
- ◆ Oranges
- ◆ Carrots
- ◆ Broccoli
- ◆ Spinach
- ◆ Onions
- ◆ Canned tomatoes



Grains/Breads

- ◆ Old-fashioned oats
- ◆ Brown rice
- ◆ Whole grain pasta
- ◆ Whole grain bread
- ◆ Barley
- ◆ Whole grain tortillas



Meat/Meat Alternates

- ◆ Beans
- ◆ Chickpeas
- ◆ Eggs
- ◆ Lentils
- ◆ Peanut butter
- ◆ Canned tuna
- ◆ Chicken breast
- ◆ Yogurt
- ◆ Cottage cheese

2 Plan Plan Plan: Create a weekly meal plan and grocery list before heading to the store. Check your fridge and pantry to see what you already have to prevent food waste.

3 Look for Sales and Coupons: Browse local newspapers or the websites of your favorite grocery stores for sales and coupons.

4 Limit Convenience Foods: Often convenience or prepared foods such as frozen meals, pre-cut fruits and vegetables, and instant oatmeal or rice cost more than if you made them at home.

5 Buy in Bulk: Foods often cost less when you buy them in larger amounts. If you care for many children, you may consider buying a membership to a wholesale store such as Costco or Sam's Club.

6 Buy in Season: Fresh fruits and vegetables are often less expensive when they are in season. Frozen and canned foods can also be great options. Choose frozen or canned foods that do not have added sugar, salt, or fat such as fruit canned in water or 100% juice rather than syrup.

Black Bean Quesadillas



Ingredients

- ◆ 1 15-ounce can black beans, rinsed and drained
- ◆ 1 cup frozen corn
- ◆ 1/4 bunch fresh cilantro, chopped
- ◆ 1/2 red onion, diced
- ◆ 1 clove garlic, minced
- ◆ 2 cups low-fat shredded cheese
- ◆ 2 tablespoons taco seasoning
- ◆ 10 taco-sized whole wheat tortillas

Directions

1. Place the beans and corn in a large bowl.
2. Add the cilantro, onion, garlic, cheese, and taco seasoning to the bowl with the beans and corn. Stir until evenly mixed.
3. Place some filling on one side of each tortilla and fold over. Cook in a skillet on both sides over medium heat until brown and crispy and the cheese has melted.

CACFP-Crediting

Makes 10 servings for 3-5 year olds at lunch/dinner.

- ✓ Meat/Meat Alternates
- ✓ Grains/Breads

Source and Photo: www.budgetbytes.com

Curried Chickpeas & Spinach

Ingredients

- ◆ 1 small onion, diced
- ◆ 2 cloves garlic, minced
- ◆ 1 inch fresh ginger, grated
- ◆ 2 tablespoons olive oil
- ◆ 1 1/2 tablespoon curry powder
- ◆ 8 ounces spinach (fresh or frozen)
- ◆ 1 15-ounce can tomato sauce
- ◆ 1 15-ounce can chickpeas, rinsed and drained

Directions

1. Sauté the onion, garlic, and ginger in a large skillet with the olive oil over medium heat until the onions have softened (3-5 minutes).
2. Add the curry powder and continue to sauté with the onion mixture for one minute more. Add about ¼ cup of water to the skillet along with the spinach and continue to sauté until the spinach has wilted. There is no water needed if using frozen spinach.
3. Add the chickpeas to the skillet along with the tomato sauce. Stir well to distribute the spices in the sauce and heat through (5 minutes). Serve over brown rice or with whole wheat bread.

CACFP-Crediting

Makes 5 servings for 3-5 year olds at lunch/dinner.

- ✓ Fruits/Vegetables
- ✓ Meat/Meat Alternates

Source and Photo: www.budgetbytes.com



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