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HEALTHY CHOICES FOR HEALTHY FAMILIES

Topic: Grocery stores

▶ Do you feel like the grocery store is a never-ending maze? Do you find yourself going from one side of the store to the other? If so, it is time to get to know your grocery store. Most stores have the same basic sections but may be laid out in different ways. Learn where the produce is located. Find your way to the dairy department. Know where you can find the meat area. Then you can write your list in line with the store layout.



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Parent's Pow-Wow

- ▶ Use these tips to make your trip to the grocery store a success:
- Make a meal plan, then write your list.
- Put your list in order of the store layout. Be sure to shop for cold items last.
- Stick to your list.
- Keep a list of needed items between shopping trips.

Avoid midweek trips to the grocery store for items you forgot to buy. When you go to the store for only one item, you spend more money than you planned. Fewer trips to the store mean less gas and use of your car.

INSIDE:

- Couponing
- Smart shopping 101
- Recipe: Black Bean and Corn Salad
- Recipe: Ground Beef Stew
- Smart Tips
- Local events











Basic Budget Bites: Couponing

Some people like to cut coupons from newspapers and magazines.

Other people find it hard to do or don't want to spend the time. Coupon clipping does take time, but the money saved can be worth the effort. If you like or want to start using coupons, here are some tips:

Cut out coupons and put them in some type of order

- Look for in-store coupons
- Check newspapers, magazines, and mailers for coupons
- Trade coupons with co-workers, neighbors, family, and friends
- Take only the coupons you think you will need to the store
- Keep in mind that one brand of an item—even with a coupon —may still cost more than another brand of the same item



Food Facts: Smart Shopping 101

▶ The Food and Drug Administration (FDA) requires that foods be clearly and honestly labeled so that people can tell what's in them. Labels of foods that are alike must use the same serving sizes so that different brands can be correctly compared. The Nutrition Facts label must be printed on the package. If a package is too small for a nutrition label, it will show a telephone number or address so you can obtain this information.

If a product has a health claim attached, it must meet certain standards. Knowing the following terms will make you a smarter shopper.

Free: an amount so small that it most likely won't have any effect on your body. Examples are "fat-free" or "calorie-free."

Low: a small amount of or low source of calories, fat, or cholesterol

Reduced: a product that has at least 25% less fat, calories, cholesterol, or sodium than a regular food

Light: a product that contains a third less calories or 50% less fat than a regular food.

High: a product that has 20% or more of the Daily Value for a nutrient. For instance, "high in calcium" or "high in vitamin C."

More: a product that provides 10% or more of the Daily Value.

Good Source: a product that contains 10-19% of the Daily Value for a nutrient.

Healthy: a product that is low in fat and saturated fat, has no more than 480 mg sodium per serving, has at least 10% of the Daily Value per serving for vitamin A, vitamin C, calcium, iron, protein, and fiber.

Source: Colorado State University Cooperative Extension, Department of Food Science & Human Nutrition



Cooking with Kids: Black Bean and Corn Salad

- 1 can black beans, drained and rinsed
- 1 can sweet corn, drained and rinsed
- ¼ cup chopped onion
- 1 cup chopped roma tomato
- 1/4 cup chopped fresh cilantro
- 1. Mix all ingredients together.
- Can be made ahead and kept refrigerated.

Nutrition Facts per serving:

80 calories; .5 g fat;

14 g carbohydrate; 4 g protein;

4 g fiber; 260 mg sodium

Serving Size: Makes 8 servings

(1/2 cup each)

Source: www.extension.org



Recipe: Ground Beef Stew

- ½ pound ground beef, ground turkey or venison
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon pepper (optional)
- 1 10 3/4-ounce can condensed tomato soup
- Water, one soup can full
- 6 medium diced or sliced carrots
- 2 medium diced or sliced potatoes
- 1 cup diced onion
- 1. Brown meat. Drain fat. Season lightly with salt and pepper, if desired.
- 2. Add soup and 1 can of water to fry pan. Add vegetables.

- **3.** Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat; cover for last 10 minutes to thicken.
- **4.** Serve. Refrigerate leftovers.

Nutrition Facts per serving: 250 calories, 8 g total fat; 3 g saturated fat; 0 g trans fat; 50 mg cholesterol; 540 mg sodium; 27 g total carbohydrate; 6 g dietary fiber; 13 g sugar; 20 g protein

Serving Size: Makes 4 servings (1 cup each)

Source: USDA Recipe Finder

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Local Events

Smart Tips: Make your portions the right size

- Share your meal with a family member or friend.
- 2 Don't super-size. Super-sizing usually provides more fries, more soft drinks, and more calories.
- 3 Seldom choose fast food. Eat and prepare more foods at home.
- Think twice when ordering the value meal combo those meals usually contain larger serving sizes.

Adapted from Eat Smart, Move More NC



If you are interested in nutrition classes, contact your extension office.