



On Food Preparation

1. Have breakfast any time of day. Eggs supply good quality protein. Serve some whole grain French toast with fresh fruit and milk.
2. Bring on the beans. Use in salads, soups, or sides. Canned or dried beans add color and flavor to meals.
3. Plan several meatless meals a week. Try Mexican dishes with beans and cheese, pasta with a savory sauce, grilled cheese sandwiches, or a quiche.
4. Prepare one-dish meals such as casseroles, wraps, and pizza. Add a salad and enjoy.
5. Serve entrée salads. Use a variety of greens, rich in flavor and vitamins. Top with left-over chicken, flavored tuna, or grilled fish.
6. Don't buy junk food snacks. Keep fresh fruit, yogurt, or cheese on hand for healthy snacks.
7. Give up convenience foods; learn to cook from scratch. Start with basic ingredients or baking mixes. Other than bread, try not to buy readymade baked goods.
8. Make large amounts of recipes that freeze well such as spaghetti sauce, chili, and soups. Label, date, and freeze them for later use.
9. When you buy lettuce, separate the leaves and wash and dry with a clean towel. Store in an airtight container or large storage bag.

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10. Make your own special flavored coffees. Try adding vanilla or hot chocolate mix.
11. Make your own pizza at home. Use pizza mix for an affordable crust. Add sauce and toppings for pizza at about one-third the cost.
12. Buy cheaper cuts of meat. They require longer, moist cooking methods. Use in stew or a slow cooker.
13. Buy a whole chicken and cut it up yourself.
14. Downsize your drinks. Keep milk and juice on hand. Make lemonade or tea. Limit soft drinks. Fill a reusable water bottle to carry with you.
15. Do not throw away or waste food. Cook what is needed for a meal. If there are leftovers, store them safely and use creatively at another meal.
16. Freeze small amounts of leftover vegetables and their liquids to put in soups.
17. Puree your own baby food.
18. Use leftover meats for sandwiches instead of buying packaged sandwich meats.
19. Stretch ground meat with bread crumbs, oat-meal, or tomato sauce.
20. Save bread ends and crusts. Toast them in the oven and crush to make bread crumbs. Store in the freezer.
21. Prepare popcorn the old fashioned way. Microwave popcorn is expensive.
22. Prepare oven meals often, cooking several dishes in the oven at once.

Source: Kentucky Extension Specialists and Associates for Family and Consumer Sciences

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