Arkansas SNAP Ed
Smart Nutrition-Active People Education

RightBite!

A Newsletter for Healthy Eating

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Eating Right When Money's Tight

Many families are concerned about the rising cost of food. It can be difficult and stressful to plan and prepare healthy meals with limited resources. Read on for tips to help you stretch your food dollars.

DID YOU KNOW?

The most expensive items are placed at eye level in grocery stores. Look to the shelves above and below for options that are cheaper.

Stretching Your Food Dollars

First Things First

Before going to the grocery store, check what foods you already have and what resources you have to spend on food. Once you know this, ask yourself these questions:

- What meals and recipes can I make using the foods I have?
- Can I mix foods together to make a tasty, nutritious meal?

Then:

- Plan what recipes you will make using your list of foods.
- Once you plan your menus, make a new list for missing foods you need to buy.
- Look for coupons, sales and store specials.

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact *https://access.arkansas.gov/*.

It's Time to Shop!

You've planned your meals and made your shopping list. Now comes the fun part – going to the grocery store and purchasing your food. It can sometimes be difficult to stick to your shopping list and to get the most for your money. Here are some tips:

- **Do not shop when you are hungry.** You might be tempted to buy foods that aren't on your shopping list.
- **Try store brands rather than name brand products.** They usually cost less.
- **Check "Sell By" dates.** Buy the freshest food possible. It will keep longer.
- **Buy only the amounts of fresh foods you can use before they spoil.**
- **Consider frozen or shelf-stable items that last longer.**
- **Look at the unit pricing label.** Knowing the price per unit (ounce, pound, etc.) will help you compare brands to get the most for your money.

Unit Pricing Label Challenge

Below are four examples of unit pricing labels. They are all for the same type of cereal, but they are different brands and sizes. Circle the one that will give you the best buy **(has the lowest price per ounce)**.

A

Name Brand corn flakes cereal 18 oz package	Price: $3.82
Price Per Ounce: $0.22	

B

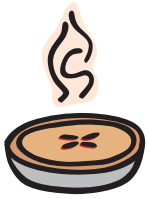
Store Brand corn flakes cereal 18 oz package	Price: $2.04
Price Per Ounce: $0.11	

C

Store Brand corn flakes cereal 30 oz package	Price: $4.50
Price Per Ounce: $0.15	

D

Name Brand corn flakes cereal 24 oz package	Price: $4.29
Price Per Ounce: $0.18	



Right Bite Recipe

Easy Chicken Pot Pie

Ingredients

1 2/3 cups frozen mixed vegetables, thawed
1 cup canned chicken
1 can (10 3/4 oz) condensed reduced-fat cream of chicken soup
1 cup reduced-fat biscuit mix
1/2 cup fat-free milk
1 egg

Number of servings:	6
Serving size:	1/2 cup
Calories:	240
Grams of total fat:	8
Grams of saturated fat:	2
Grams of carbohydrate:	29
Grams of protein:	14
Grams of fiber:	3
Milligrams of sodium:	860

Directions

1. Heat oven to 400° F.
2. Mix vegetables, chicken and soup together and place in ungreased 9-inch pie plate.
3. In a medium bowl, stir biscuit mix, milk and egg together until blended to make batter.
4. Pour batter on top of chicken mixture.
5. Bake for 30 minutes or until golden brown.
6. Serve with salad, fruit and a glass of fat-free milk for a complete meal.

Food Safety Corner

How Should I Store Leftovers?

- Food should not be left out for over 2 hours. Place leftovers in shallow containers and refrigerate immediately.
- Most leftovers can be kept in the refrigerator for 3 to 4 days. You can freeze food that cannot be eaten within that time.
- When reheating leftovers, heat until the food is at least 165° F. Be aware that microwaves often do not heat evenly. Stir and rotate foods so that a safe temperature is reached throughout all of the food.
- Write the date on your leftovers so you can use them within a safe time.
- If you are in doubt about the safety of your leftovers, throw them out!

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Best Buys for Cost and Nutrition

- Buy regular rice, oatmeal and grits instead of instant to save money, sugar and calories.
- Dried beans and peas are good sources of protein and fiber. They last a long time without spoiling.
- Look for specials at the meat counter. Buy meat on sale for big savings.
- Buy meat in large bulk packages to save money. Freeze portions you might not use in 1 to 2 days to prevent spoiling.
- Frozen and canned fruits and veggies are a smart choice all year round.

For more information on food, nutrition or health, contact your county Extension office or visit www.uaex.edu.

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