

NUTRITION BITS AND BITES

Eat Well on a Budget



Cooking at home is the best way to save money

Even young school age children can help...

- Read recipe
- Rinse, scrub, peel onions, carrots and other produce
- Crack eggs and use egg beater
- Measure ingredients
- Decorate baked goods
- Roll out and shape dough
- Cut soft foods with dull knife

Tips to Eat Well on a Budget

Before grocery shopping, plan meals ahead...

- Avoid eating out; eating out is often more expensive
- Make a menu by deciding which recipes you will make for lunch and dinner for a week
- Plan meals around foods that are on sale
- Plan some meatless meals
- Check your pantry, refrigerator and freezer to find foods that need to be used up, and look for recipes to use those foods and ingredients
- Avoid recipes that need a special ingredient
- Plan to use leftovers
- Make extras
- Know what your family likes to eat

When grocery shopping....

- Keep a record of spending; plan for the week or month
- Avoid shopping when you are hungry
- Stick to your grocery list
- Buy in season produce
- Buy frozen or canned
- Choose store brand or no-name brands
- Purchase bulk items that you frequently use or that have a long shelf life

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Mix and Match Soup

Prep time: 10 minutes

Cook time: 1 hour

Yields: 4 servings

Ingredients:

Meat or Beans	+ Vegetables	+ Whole Grains
1 lb turkey leg or thigh or 1 lb chicken legs or thighs or 1 lb cooked or 1 can rinsed and drained beans or lentils	1 large onion, chopped 2 large carrots, chopped 1 large zucchini, chopped 1 can low sodium tomatoes 1 handful fresh parsley, chopped whatever you have and need to use up	1/2 cup dry brown rice* or 1/2 cup dry barley* or 1/2 cup dry whole wheat pasta* *or 1 cup cooked

Instructions:

In a large pot over medium-high heat, saute vegetables with 1 tablespoon of 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 cooked grains 10 mins before the soup is done cooking.

Add enough water or low sodium 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).

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.

Tip: Soup freezes well. Pour portion of soup in large freezer bag once cool. Can be kept in the freezer for 3 months. Barley freezes better than rice or pasta.

Recipe from Cooking Matters

** Refer to the Allergy Newsletter (September issue) for substitution ideas.

For more nutrition topics, go to the news and events section of www.southernhealth.ca or

Contact Dial-a-Dietitian 1-877-830-2892

Health Links 1-888-315-9257

Nutrition Services Team T 204-388-2053

Created by Registered Dietitians from Southern Health - Santé Sud

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