



# Kinship Link

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## Eating Right on a Budget

### Pro Kinship for Kids

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Getting the most nutrition for your food budget starts with a little extra planning before you shop. Here are some budget-friendly tips for eating right.

#### Plan what you're going to eat

Before you head for the grocery store, plan your meals and snacks for the week. Review recipes for what ingredients are needed. Check to see what foods you already have and make a list of what you need to buy. When you shop with a list, you will be less likely to buy extra items that are not on it.

#### Decide how much to make

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or freeze leftovers in individual containers for future use. Plus, food purchased in bulk are almost always cheaper.

#### Determine where to shop

Check the local newspaper, online, and at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. Compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.

#### Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Buy small amounts at a time to avoid having to throw away spoiled produce.

#### Try canned or frozen produce

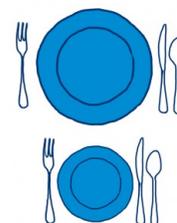
Frozen and canned fruits and vegetables may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

#### Focus on nutritious, low-cost foods

Certain foods tend to be less expensive. Find recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna, or crabmeat; grains such as oats, brown rice, barley, or quinoa; and frozen or canned fruits and vegetables.

#### Watch portion sizes

Use smaller plates, bowls, and glasses to help keep portions under control. Fill half your plate with fruits and vegetables, and the other half with whole grains and lean meat, poultry, seafood, or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk, or a serving of fat-free yogurt for dessert.



## Eating Right on a Budget continued

**Make your own healthy snacks**  
Convenience costs money, so many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese, and dividing them into one-cup

containers. For trail mix, combine nuts, dried fruits, and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

**Cook more, eat out less**  
Many foods prepared at home are cheaper and more nutritious. Go back to basics and find a few simple and healthy recipes that your family enjoys.



## Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries, and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and a banana.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries, and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg, and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

If your taste buds just don't crave breakfast foods, try these:

- ◆ Peanut butter and banana sandwich on whole-grain bread.
- ◆ Leftover veggie pizza.
- ◆ Deli turkey, a slice of low-fat cheese, and lettuce wrapped in a tortilla.
- ◆ Leftover rice mixed with low-fat yogurt, dried fruit, and nuts. Sprinkle with cinnamon.

Power up with one of these healthy breakfasts or a healthy breakfast idea of your own and you're off to a great start!

### Breakfast Burrito

Makes 4 servings.

Ingredients:

- 1 1/3 cups black beans (cooked, mashed with 1 teaspoon canola oil or use canned vegetarian refried beans)
- 4 corn tortillas
- 2 tablespoons red onion (chopped)
- 1/2 cup tomatoes (chopped)
- 1/2 cup salsa, low-sodium
- 4 tablespoons yogurt, non-fat plain
- 2 tablespoons cilantro (chopped)

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between

two sheets of slightly damp while paper towels on high for 15 seconds.

3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

