



Kinship Link

Volume 14, Issue 8

August 2018

Dining Out & Entertaining on a Budget

Pro Kinship for Kids

Inside this issue:

Dining Out & Entertaining continued	2
What are Protective and Promotive Factors for Families?	2
Energizing Foods	2

Pro Kinship for Kids
 Lower level Our Saviors
 Lutheran Church
 1400 S. State Street
 P.O. Box 666
 New Ulm, MN 56073
 Phone 359-2445 or
 1-800-642-5779
 Website:
www.prokinship.org

Newsletter by
 Kari Beran, Director



Being “Wallet Wise” when dining out can be done if you plan ahead. Here are some tips for lowering your away-from-home meal costs:

- **Share entrees.** Restaurants portions are growing in size, along with our waistlines and the tab at the end of our meals. To decrease all of the above, share an entrée with a friend or family member.
- **Order water with meals.** Sodas, specialty drinks, or even just a glass of iced tea can easily add an extra dollar (or much more!) per person to your meal ticket. Ask for a slice of fresh lemon to add a special touch and a dash of flavor to your water.
- **Do lunch.** Lunch menus often offer the same items as dinner menus, but in smaller and lower-priced portions. So opting to go out for lunch, or for an early afternoon supper, can save

money. However, even during the evening, a smaller portion or half-order may be offered.

- **Clue in on coupons.** Some restaurants send out coupons to entice your business. Check your mail, local paper, and even the internet for special offers.
- **Plan your budget.** To reduce your spending on away-from-home dining, reduce how often you and your family eat out.

Entertaining on a budget can be done with creativity and planning. You can scale down food purchases without cutting back on the fun and festivities of special days and party meals. Here’s how:

- **Plan.** Establish how much you can afford to spend. Want to invite more guests than you can comfortably afford to feed? Host a potluck! Ask family and friends to bring a

favorite dish and copies of the recipe for it. Bonus: everyone gets to try new foods. If not a potluck, at least delegate desserts and salads. Save money and add surprise to the menu by asking guests to bring a dish.

- **Delay your meal celebration to get day after deals.** The day after a holiday or special event time can be a great time to find festive food bargains at the store. Consider delaying your meal by several days to take full advantage of sales. Special-event foods may be marked down in price by as much as 70%. Look for reduced prices on certain meats, such as turkey and ham; dairy products; baked goods, such as holiday rolls; and specific fresh and canned fruits and vegetables. Be sure to check the “sell-by date” before purchasing items.

Dining Out & Entertaining on a Budget continued

- **Downsize your menu.** Consider your budget along with what's on special and seasonal at the grocery store. For example, plan a meal consisting of two or three kinds of homemade soups and one crowd pleasing snack such as popcorn with raisins. Add a few kinds of bread and hot cocoa or an unsweetened beverage to complete the menu.
- **Shop wisely.** Keep - and Use! - a grocery list. Watch for sales. Grocery stores periodically have great discounts on basic event
- **Compare convenience costs.** Some convenience foods are money-savers, but many other are not. Compare costs per serving to determine if you will save money on a convenience food. For example, canned sweet potatoes may be a good buy compared to fresh ones. Prebaked brown and serve rolls can often be found for under \$1 a package. On the other hand, you can prepare your own gravy and stuffing inexpensively with items that you probably already have in your home, or cut your own fruits and vegetables to save money on a relish tray.



What are Protective and Promotive Factors for Families?

Protective factors for families are conditions or attributes of individuals, families, communities, or the larger society that mitigate or eliminate risk. Promotive factors are conditions or attributes of individuals, families, communities, or the larger society that actively enhance well-being.

The strengthening families protective factors are parental resilience the ability to bounce back from adversity. Social connections,

the feeling that you belong to a group and generally feel close to other people. Knowledge of parenting and child development, knowing what to do and how your child should react or what they should do. Concrete support in times of need. Social-Emotional competence of children, the ability to interact with others and regulate one's own emotions and behaviors.

Youth are thriving when their protective and promotive factors

are there. These are youth resilience, social connections, knowledge of adolescent development, concrete support in times of need, and cognitive and social-emotional competence in themselves as youth. Parents should help their youth develop these factors.

These are the factors that families and youth need to be healthy at all times.

Energizing Foods

All foods contain calories, which provide energy, but not all foods are equal when it comes to how long that energy lasts. Foods high in added sugar and low in dietary fiber, protein, and fat will give you a quick boost of energy, but it won't last long.

For sustained energy, try to eat meals that contain foods with a combination of dietary fiber, as

well as lean protein, and healthy fat. Fuel your body regularly— about every three to four hours - with either a healthy snack or meal to keep energy levels stable throughout the day.

Here are examples of meals and snacks that provide sustained energy:



- ◆ One whole-wheat English muffin, 1 tablespoon nut butter, and 1/2 cup fresh berries
- ◆ Six whole-grain crackers, 1 ounce low-fat cheddar cheese, and a handful of grapes
- ◆ 1/2 cup cooked oats, 1 cup low-fat milk, 1 ounce pistachios, and 1/4 cup raisins
- ◆ 1 cup plain low-fat yogurt, 1/2 cup fresh or frozen berries, and 1 ounce hemp seeds