



## Make It at Home: Save Money and Eat Better

One of the best ways to increase your food buying power is to prepare food in your own kitchen.

### Good family meals start with smart buying

- Before you shop, make a plan. Try to buy for meals before other things. Plan to prepare large quantities of two to three favorite recipes. Freeze some for later.
- Plan meals to use leftovers and try meatless meals (beans, eggs).
- Shop as few times as possible in the month. The less you shop, the less you spend.
- Buy extra canned goods when on sale, if you can store them.
- If you can, buy a few extras on each shopping trip--- sugar, cooking oil, baking powder, spices, salt, Parmesan cheese, pancake syrup.
- Ask when your store reduces meat prices and shop at that time.
- Compare prices. Store brands usually cost less. The pennies saved on each food, adds up at the cash register. Larger sizes may cost less (pound per pound), but only if you can use it.
- Mini-markets usually have expensive food. Compare prices at different stores.

### Be on the lookout for family-sized pots and pans at garage sales and thrift stores.

With a big pot, you can make soup or baked beans from scratch, cook corn-on-the-cob, or make a big pot of spaghetti or rice.

With a big skillet, you can make pancakes, French toast, skillet fried potatoes, a big batch of scrambled eggs, or stir-fry using almost any fresh vegetable.

### Monthly Shopping List

(Foods that keep well)

Rice  
Pasta  
Potatoes  
Cereals (oatmeal, cornmeal)  
Dried beans  
Potatoes  
Carrots  
Onions  
Canned and frozen fruits, vegetables and juice  
Cheese  
Yogurt  
Canned soup  
Canned chili

### Weekly Shopping List

(Foods that spoil quickly)

Fresh fruits  
Fresh green vegetables  
Milk  
Meats, fish or poultry

### Extras

Sugar  
Cooking oil  
Baking powder  
Salt, pepper, spices  
Parmesan cheese

### **Make it At Home Ideas:**

When you eat out or use processed foods, you buy labor. Compare the price of a McDonald's meal versus the cost of making something similar at home.

**Bottled Drinks.** Mix your own bottled drinks for the kids and get a nutrition bonus. Start with real fruit juice; put in clean reusable drink bottles.

**Nachos.** Spread tortilla chips on a plate. Sprinkle with about 3 cups grated cheese. Heat in microwave oven for 30 seconds. Look to see if cheese is melted. If not, heat for another 15 seconds or until cheese is melted. Dip nachos in salsa.

### **Taco Salad** (Makes 4 – 5 servings)

½ pound hamburger  
1 can kidney beans or chili beans  
½ package taco seasoning mix  
½ cup water  
½ head dark green lettuce (like romaine)  
2 medium tomatoes  
1 small onion  
2 cups tortilla chips  
½ cup grated cheese  
Salsa (optional)

Brown hamburger in frying pan. Drain off fat.  
Add beans, taco seasoning, and water. Stir. Cover and simmer for 10 minutes.  
Tear lettuce into bite-sized pieces. Chop tomatoes and onion. Put into large bowl.  
Spoon hamburger and bean mixture over lettuce. Sprinkle with cheese and tortilla chips. Toss lightly and serve at once. Top with salsa if desired.

Hints for saving money

- Buy hamburger on sale. Brown 1 to 2 pounds of meat and freeze in small ½ -pound packages. Heat meat with taco seasoning.
- Omit meat and have vegetarian taco salad.

Have children help make salad. Young children can make tear the lettuce leaves.  
Older children can grate the cheese and sprinkle on the tortilla chips.