



## 10 go-to webpages with budget-friendly recipes, cooking videos, and shopping tips for families to prepare healthy snacks and meals

### **WSU Skagit Family Living YouTube Channel**

<https://www.youtube.com/channel/UCrCVqfP0kncw7Y1mdRjBylg> Cooking and recipe preparation videos which are short (1-3 minutes) featuring local produce that is affordable, easy to prepare, and use a limited number of ingredients. Cooking classes with local chef will be added throughout the harvest season. English and Spanish.

**MyPlate Kitchen** <https://www.choosemyplate.gov/myplatekitchen> features low-cost, easy prep recipes, cooking videos, and the ability to create your own cookbook. Updated regularly.

**Food Hero** <https://www.foodhero.org/> is a go-to site for easy, healthy recipes, shopping tips, and advice on growing your own garden. This OSU website is continuously being updated and available in Spanish.

**Live Well** <https://wasnap-ed.org/live-well/> is the WSU SNAP-Ed webpage with links to recipes, shopping tips and food resources to support families in making healthy choices. Materials also available in Spanish.

**Good and Cheap Eats/Bueno y Barato** <https://books.leannebrown.com/good-and-cheap.pdf> is a free online cookbook that provides both affordable and healthy recipes. Most of the recipes contain less than 10 ingredients. Spanish-language version is free at <https://books.leannebrown.com/bueno-y-barato.pdf>

**It's More Than Food/Mas Que Comida** <https://www.cdc.gov/diabetes/ndep/toolkits/more-than-food.htm> The CDC resources showcase recipes developed for Hispanics and Latinos to assist in making healthy food choices and creating healthy meals. Available both in English and Spanish.

**Eating Better on a Budget** <https://hungerandhealth.feedingamerica.org/resource/eating-better-on-a-budget-spanish/> Feeding America Hunger and Health resources are provided in both English and Spanish. Resources are updated continuously with links to recipes and ideas for stocking a healthy pantry.

**Harvest to Table** <https://harvesttotable.com/category/recipes/main-courses/> provides tips on how to grow fruits, vegetables, and herbs in your garden as well as harvesting tips. Recipes are also available that give an idea of what you can do with the produce and herbs you grow. Limited advertising on the webpage.

**Wicked Leeks Veg Hacks** <https://wickedleeks.riverford.co.uk/topic/veg-hacks> feature short instructional videos presented by chefs on vegetable preparation. Limited collection features less familiar veggies.

**Budget Bytes** <https://www.budgetbytes.com/> Budget friendly recipes with down to earth descriptions. Calculates how much each serving costs! Limited advertising on the webpage.

List Compiled by WSU Skagit Family Living Program 7/2020  
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