

These shopping tips can help you **SAVE!**

- ✓ Make a shopping list and stick to it!
- ✓ Check newspaper ads before you shop.
- ✓ Don't shop when you're hungry.
- ✓ Check the unit price and compare the price of sale items, store vs. name brands.
- ✓ Avoid convenience foods.
- ✓ Buy fruits and vegetables that are in season.
- ✓ Fresh is often cheaper.

Choose wisely!

Use MyPyramid to guide your food choices.

On the Web at:
www.mypyramid.gov



Family Nutrition Education Programs
Nutrition and Life Skills for Missouri Families

For more information,
contact your local University
of Missouri Extension center.
extension.missouri.edu

If you have questions about
nutrition, call MU Extension's
Show-Me Nutrition Line at:
1-888-515-0016

Running out of money for
food? Contact your local Food
Stamp office or go to:
www.dss.mo.gov/fsd/fstamp

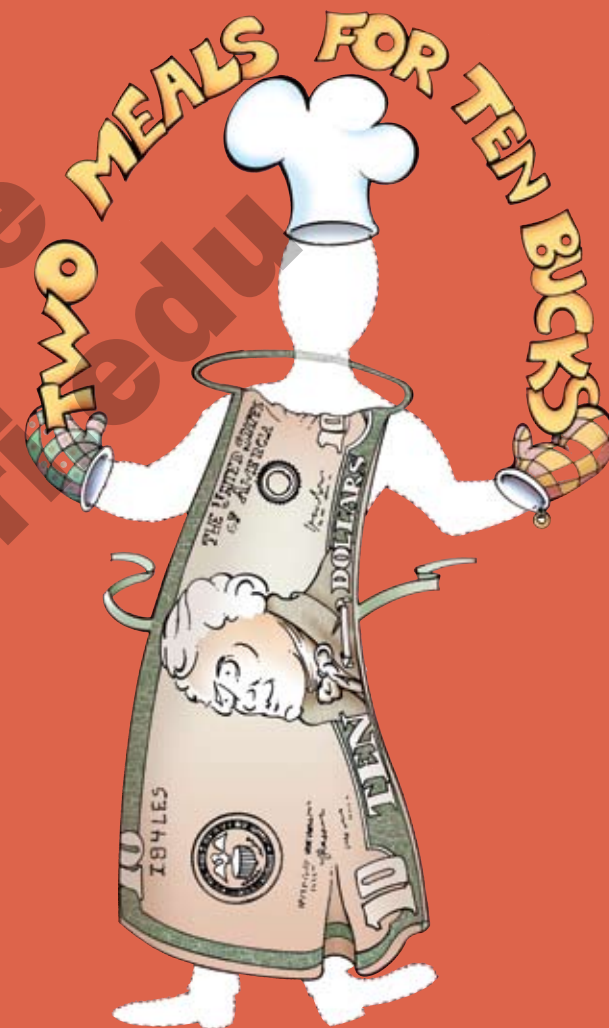
Recipes and nutritional analyses
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of Minnesota Extension Service.

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UNIVERSITY OF MISSOURI

 **Extension**

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Two meals for \$10

...and there's more!

They're...

- easy to fix
- great tasting
- good for your family

You can make 2 meals for \$10!

Chicken Noodle Soup

This is a good soup to make on the weekend. Save time on weeknights and use boneless chicken, which cooks in about 20 minutes. **Makes 6 servings.**

- 1 medium onion, chopped
- 3 stalks celery, chopped
- 1 pound chicken pieces, thawed
- 3 large carrots thinly sliced
- 4 cups (6 oz.) dry noodles

Each of the six servings contains:

Calories: 290

Fat: 8 g

Sodium: 300 g

Fiber: 2 g

1. Heat 1 tablespoon oil in large pot. Add onion, celery and carrots. Stir until onion softens, about 3 minutes.
2. Add chicken pieces and 10 cups water. Cover, bring to boil, reduce heat and simmer until chicken is cooked through, about 2 hours. *You can boost the flavor by adding a can of chicken broth or a couple of chicken bouillon cubes to the water. (This will add to the cost slightly, and will also increase the calories, fat and sodium content.)*
3. With soap and water, wash hands, counter surfaces and equipment that came into contact with raw chicken.
4. Use tongs or slotted spoon to remove cooked chicken pieces from broth. Cool. Pull meat from chicken and return to broth.
5. Use a spoon to skim fat from surface of broth (fat will rise to surface).
6. Add pasta. Bring to boil and cook, uncovered, about 6 minutes.
7. Ladle into soup bowls.
8. Refrigerate or freeze leftovers within 2 hours of cooking. If refrigerated, use within 2 days. To reheat, bring to a boil.

Broccoli, Ham, Potato Brunch Casserole

Makes 8 servings.

- 16 oz. frozen broccoli
- 4 oz. lean precooked ham, diced
- 24 oz. frozen hash browns
- 1 10½-ounce can condensed cheddar cheese soup
- 1 soup can of skim milk
- 4 oz. reduced-fat cheese, shredded

Each one-cup serving contains:

Calories: 220

Fat: 11 g

Sodium: 740 mg

Fiber: 2 g

Excellent source of vitamins A, C; and calcium

1. Preheat oven to 350 degrees F.
2. Mix together broccoli, ham and hash browns in a large, shallow casserole dish.
3. In a separate bowl, stir together condensed cheddar cheese soup and milk.
4. Pour the soup mixture over the broccoli, ham and hash browns. Mix well.
5. Sprinkle cheese on top.
6. Bake until cheese is brown and bubbly, about 25 minutes.

My "2 for \$10" shopping list

Chicken Noodle Soup:

- ❑ 1 medium onion, chopped \$1.24
- ❑ 3 stalks celery, chopped .38
- ❑ 1 pound chicken pieces, thawed 1.98
- ❑ 3 large carrots, thinly sliced .36
- ❑ 4 cups (6 oz.) dry noodles .38

***Total cost: \$3.34 or 56 cents per serving**

Broccoli, Ham, Potato Brunch Casserole:

- ❑ 16 oz. frozen broccoli \$1.59
- ❑ 4 oz. lean precooked ham, diced 1.25
- ❑ 24 oz. frozen hash browns 1.64
- ❑ 1 10½-oz. can condensed cheddar cheese soup 1.25
- ❑ 1 soup can full of skim milk .24
- ❑ 4 oz. reduced-fat cheese, shredded .90

***Total cost: \$6.87 or 86 cents per serving**

*Prices are meant to serve as a guideline. They may vary by location, store and season.

Fruits and veggies are healthy AND affordable!

- Celery \$1.89
- 2 lb. bag of carrots 1.19
- Raw broccoli 1.50
- Leaf lettuce 1.19
- Green onions .69
- 1 lb. tomatoes 1.35
- 2 lb. pears 1.98
- 1 lb. apples 1.50
- 1 lb. grapes 1.69
- 3 lb. bananas 1.77

