Planning menus, buying food and fixing meals your family likes can be challenging tasks. Staying within your food budget can add to the challenge.

This is the first in a series of publications to help you eat well but spend less at the grocery store. It includes sample menus that you can adapt to meet your family’s tastes.

Meal Planning is Important

Meal planning helps relieve the stress of not knowing what to cook at the last minute. By planning meals with a variety of foods, your family is more likely to get all the nutrients needed each day. Planning your menus helps you make use of the foods that are in season and/or on sale, too.

You also can use your leftovers (or “planned overs”) as part of a meal the next day. Meal planning takes a little time up front, but in the end, it can save you time. When you have planned menus, you are less likely to “run to the store” to pick up needed items.

Try this meal-planning activity:

- Pick up a copy of the weekly sale ads for a local grocery store. Refer to the ads as you continue the activity.
- Divide a piece of paper into three columns using a ruler/pencil or fold it in thirds.
- In one column, list seven or more of your family’s favorite main dish items.
- In the second column, list several vegetables and fruits your family consistently enjoys.
- In the third column, list seven or more of your family’s favorite main dish items.
- Think about the statements you marked. If you marked any of the boxes, you might be spending unnecessary money. Do you have ways to trim some expenses?

Continued on page 2
**MyPyramid Portion Equivalents**

The MyPyramid food plan uses cups and ounces instead of “servings” and calls them “equivalents.” These are some of the equivalents for the food groups:

<table>
<thead>
<tr>
<th>Grain Group</th>
<th>Portion size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice of bread</td>
<td>1 ounce</td>
</tr>
<tr>
<td>1 cup ready-to-eat cereal</td>
<td>1 ounce</td>
</tr>
<tr>
<td>½ c. cooked rice, pasta or cooked cereal</td>
<td>1 ounce</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetable Group</th>
<th>Portion size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup raw or cooked vegetables or vegetable juice, 2 cups raw leafy greens</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruit Group</th>
<th>Portion size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup 100% fruit juice,</td>
<td>1 cup</td>
</tr>
<tr>
<td>1 cup fruit, ½ cup dried fruit</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Milk Group</th>
<th>Portion size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup milk or yogurt,</td>
<td>1 cup</td>
</tr>
<tr>
<td>½ ounces natural cheese,</td>
<td>1 cup</td>
</tr>
<tr>
<td>2 ounces processed cheese</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meat and Beans Group</th>
<th>Portion size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 egg; 1 ounce meat, poultry or fish; ¼ cup cooked dry beans; 1 tablespoon peanut butter; ½ ounce nuts or seeds</td>
<td>1 ounce</td>
</tr>
</tbody>
</table>

- In the third column, list the types of grains (breads, rice, beans, pastas) your family enjoys. Include whole-grain options, such as whole-wheat bread and pasta.
- Look at the items in your columns and list seven menus on the back of the piece of paper. For example, for a dinner menu, include a main dish, vegetable, fruit, bread and milk.
- Consider what you already have at home, then create a grocery shopping list.

**What's Your MyPyramid Plan?**

You can find the latest nutrition recommendations at www.MyPyramid.gov.

Each person has different needs based on gender, age and level of physical activity. Learn what each of your family members needs at his or her particular calorie levels by visiting the Web site or contacting your local Extension agent for “Ballpark Estimate” handouts for different age groups. The Ballpark Estimates are available online, too, at www.ext.nodak.edu/food/mypyramid/ (click on Other MyPyramid Handouts).

**Size up your portions with these visual clues.**

As shown, one-half of a baseball is the same size as ½ cup mashed potatoes.

<table>
<thead>
<tr>
<th>Visual Clue</th>
<th>Portion size</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ baseball</td>
<td>½ cup of mashed potatoes</td>
</tr>
<tr>
<td>large egg OR golf ball</td>
<td>¼ cup of dried cranberries</td>
</tr>
<tr>
<td>pingpong ball</td>
<td>2 tablespoons of peanut butter</td>
</tr>
<tr>
<td>check book</td>
<td>3 ounces of fish</td>
</tr>
<tr>
<td>card deck</td>
<td>3 ounces of meat or poultry</td>
</tr>
<tr>
<td>6 dice</td>
<td>1½ ounces of natural cheese (cheddar, Swiss)</td>
</tr>
<tr>
<td>thumb tip</td>
<td>1 teaspoon of margarine or butter</td>
</tr>
</tbody>
</table>
Example:
MyPyramid Plan and three-day menu plan for a *30-year-old female who gets less than 30 minutes of physical activity per day

MyPyramid Plan*

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>6 ounces</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2.5 cups</td>
</tr>
<tr>
<td>Fruit</td>
<td>2 cups</td>
</tr>
<tr>
<td>Milk</td>
<td>3 cups</td>
</tr>
<tr>
<td>Meat and Beans</td>
<td>5.5 ounces</td>
</tr>
</tbody>
</table>

Three-day Menu Plan for a 30-year-old Female*

<table>
<thead>
<tr>
<th>Meal</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 slices whole-wheat bread (toasted)</td>
<td>1 c. cereal with milk</td>
<td>1 c. oatmeal</td>
<td>1 c. vegetables and 2 Tbsp. Ranch Dip*</td>
</tr>
<tr>
<td></td>
<td>1 Tbsp. peanut butter</td>
<td>1 slice whole-wheat toast</td>
<td>2 Tbsp. raisins</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 medium banana</td>
<td>1 tsp. jam</td>
<td>½ English muffin</td>
<td>1 c. Jello-Yogurt Fluff*</td>
</tr>
<tr>
<td></td>
<td>1 c. nonfat milk</td>
<td>1 c. orange juice</td>
<td>1 c. nonfat milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 serving Egg and Cheese Puff*</td>
<td>2 slices whole-wheat bread</td>
<td>1 serving Tuna Melt</td>
<td>½ c. Ham and Cabbage Soup*</td>
</tr>
<tr>
<td></td>
<td>½ c. assorted fruit</td>
<td>2 Tbsp. peanut butter</td>
<td>Macaroni Casserole*</td>
<td>8 saltine crackers</td>
</tr>
<tr>
<td></td>
<td>1 c. nonfat milk</td>
<td>1 Tbsp. jelly</td>
<td>1 c. lettuce salad</td>
<td>1 wheat bun</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 c. carrot and celery sticks</td>
<td>½ c. apple slices</td>
<td>1 c. orange slices</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 c. nonfat milk</td>
<td>1 c. nonfat milk</td>
<td>1 c. nonfat milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 c. nonfat milk</td>
<td>1 c. nonfat milk</td>
<td>1½ c. Ham and Cabbage Soup*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>½ c. canned diced peaches</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* indicates recipe is included

Food Safety Tip: Don’t Forget to Wash, Wash, Wash

- **Wash your hands.** Proper hand washing can prevent sickness. Use warm water and soap and scrub for at least 20 seconds.
- **Wash your fruits and vegetables.** Wash all fruits and vegetables with cool running water before you eat them because they may contain dirt and bacteria from the ground and handling.
- **Wash your cutting boards and knives.** Avoid cross-contamination and use clean utensils and cutting boards when peeling or cutting up produce.
# Weekly Meal Planner

(* indicates recipe is included)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole-wheat toast with peanut butter</td>
<td>Egg and Cheese Puff*</td>
<td>Calico Beans*</td>
<td>Ranch Dip with Vegetables*</td>
<td></td>
</tr>
<tr>
<td>Banana</td>
<td>Fruit cup</td>
<td>Carrot sticks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td>Corn muffin</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Canned pears</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 2</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal with milk</td>
<td>Peanut butter and jelly sandwich</td>
<td>Stir Fry Dinner*</td>
<td>Jello-Yogurt Fluff*</td>
<td></td>
</tr>
<tr>
<td>Whole-wheat toast with jam</td>
<td>Carrot and celery sticks</td>
<td>Rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange juice</td>
<td>Nonfat milk</td>
<td>Tossed salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pineapple chunks and apple slices</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 3</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal with raisins</td>
<td>Tuna Melt Macaroni Casserole*</td>
<td>Ham and Cabbage Soup with Potatoes*</td>
<td>Canned peaches</td>
<td></td>
</tr>
<tr>
<td>English muffin</td>
<td>Lettuce salad</td>
<td>Bread/crackers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nonfat milk</td>
<td>Apple slices</td>
<td>Orange slices</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 4</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapefruit</td>
<td>Turkey sandwich</td>
<td>Quick Taco-Mac*</td>
<td>Raisin Bread Pudding*</td>
<td></td>
</tr>
<tr>
<td>Cereal with milk</td>
<td>Carrot sticks</td>
<td>Three-bean Salad*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wheat English muffin</td>
<td>Canned pears</td>
<td>Nonfat milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple juice</td>
<td>Nonfat milk</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 5</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal with milk</td>
<td>Pizza Buns*</td>
<td>Red Beans and Rice Burritos (with salsa)*</td>
<td>Fruit and yogurt</td>
<td></td>
</tr>
<tr>
<td>Bran Muffin*</td>
<td>Lettuce salad</td>
<td>Broccoli spears</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple juice</td>
<td>Banana</td>
<td>Nonfat milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 6</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>French toast with “lite” syrup</td>
<td>Chicken noodle soup</td>
<td>Broiled hamburger on bun</td>
<td>Banana</td>
<td></td>
</tr>
<tr>
<td>Orange slices</td>
<td>Bread/crackers</td>
<td>Three-bean Salad*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nonfat milk</td>
<td>Ranch Dip with Vegetables*</td>
<td>(planned-over)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 7</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapefruit</td>
<td>Peanut butter and raisin sandwich</td>
<td>Beef Stew*</td>
<td>Cereal snack mix</td>
<td></td>
</tr>
<tr>
<td>Bran Muffin*</td>
<td>Celery sticks</td>
<td>Wheat bun</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nonfat milk</td>
<td>Orange</td>
<td>Canned peaches</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Menus adapted from publications by Cynthia Gardner, former NDSU Student Dietitian, and Suzanne Fundingsland, former Nutrition Specialist, NDSU.
Jello-Yogurt Fluff

1 pkg. Jello (four-serving size)  
2 c. orange juice  
2 (6-8 oz.) cartons yogurt, any flavor  
Cut-up fruit (if desired)*

Heat 1 cup orange juice in saucepan until it is very hot. Add Jello and stir until it is dissolved. Mix in other cup of orange juice. Chill Jello in the refrigerator until it is like syrup (one to two hours). Pour into bowl. Add yogurt. Beat with a mixer until Jello is fluffy. Add cut fruit if desired. Return Jello-Yogurt Fluff to refrigerator until it sets. Spoon into dishes to serve.

Serves eight. Per serving: 70 calories, 16 g carbohydrate, 0 g fat, 0 g fiber and 60 mg sodium

* Do not use fresh pineapple or kiwi. The Jello won’t set.

Calico Beans

½ lb. ground beef  
1 large onion, chopped  
1 (15 oz.) can vegetarian beans or pork and beans  
1 (15 oz.) can kidney beans  
1 (15 oz.) can lima beans  
(You can use all the lima beans or save half to use in the pork and cabbage soup)

¼ c. brown sugar  
½ c. ketchup  
2 Tbsp. vinegar  
½ tsp. pepper  
(Add mustard if desired.)

Cook the ground beef and chopped onion in a large pan. Drain off the fat. Add the other foods and mix. Cook on the stove on low heat for one hour. (Or you can bake in the oven at 350 degrees for one hour).

Serves six. Per serving: 290 calories, 51 g carbohydrate, 2.5 g fat, 10 g fiber and 720 mg sodium

Three Bean Salad

1½ c. celery, sliced thin  
½ c. onion, sliced thin  
1 (16 oz.) can cut green beans, drained  
1 (16 oz.) can wax beans, drained  
1 (16 oz.) can kidney beans, drained  
½ c. vinegar  
½ c. vegetable oil  
¼ c. water  
¼ c. sugar

Wash and slice celery and onion. In a large bowl, mix celery, onion and the three kinds of beans. Mix vinegar, oil, water and sugar. Add liquid to bean mix and stir until the bean mixture is coated. Cover and keep in the refrigerator overnight to mix the flavors. Store leftovers in the refrigerator.

Serves 10 to 12. Per serving: 190 calories, 18 g carbohydrate, 11 g fat, 6 g fiber and 280 mg sodium

Note: Use fresh cooked beans or dry cooked beans in place of the canned beans. Or try garbanzo beans or chickpeas in place of one of the suggested beans.

Four-week Bran Muffins

Equipment you will need:  
• measuring cups  
• measuring spoons  
• mixing bowl  
• mixing spoon  
• plastic wrap or cover  
• muffin pan

4 eggs  
1 c. soft or melted margarine  
4 c. buttermilk (or sour milk*)  
1½ c. sugar  
5 tsp. baking soda  
1½ tsp. salt  
1 (15 oz.) package raisin bran cereal  
(or 9 c. bran flakes with raisins)  
5 c. flour

To make the mix
Break eggs into a large bowl and beat well. Beat in margarine, buttermilk and sugar until well-mixed. Add baking soda and salt. Stir well. Mix in raisin bran. Add flour and stir just until mixed. The batter will be thick. Cover and store in the refrigerator. The batter will keep about four weeks if the refrigerator is at 40 degrees.

To bake the muffins
Preheat oven to 400 degrees. Grease muffin pan or use paper baking cups. Take batter out of refrigerator. Fill each muffin cup two-thirds full. Bake in oven at 400 degrees about 15 to 20 minutes, until brown. Return leftover batter to refrigerator.

Makes six dozen muffins. Per serving (one muffin): 70 calories, 14 g carbohydrate, 0.5 g fat, 1 g fiber and 190 mg sodium
### Bread Pudding

1½ c. bread (about 2 slices)
½ c. raisins
1 large egg
2 Tbsp. sugar
¾ tsp. cinnamon
¼ tsp. vanilla
1¼ c. low-fat milk

Cut or tear bread into 1-inch pieces. Mix bread and raisins in a 1-quart baking dish. In another bowl, beat the eggs with a fork or beater. Add milk, sugar, cinnamon and vanilla to the eggs. Mix well. Pour the mixture over the bread. Bake at 350 degrees for about 40 minutes. (You can tell if it is done if you stick a knife in the center and it comes out clean.) Serve warm or cold.

**Serves four.** Per serving: 130 calories, 24 g carbohydrate, 2 g fat, 2 g fiber and 105 mg sodium

### Red Beans and Rice Burritos

2 c. cooked rice
1 small onion, chopped
2 c. cooked kidney beans
(or one 15-oz. can, drained)
8 flour tortillas, about 10-inch size
½ c. salsa
8 canned chopped jalapeno peppers (if desired) grated cheese

Mix rice, chopped onion and beans. Put each tortilla on a flat surface. Put about ½ cup of the rice mixture in the middle of each tortilla. Fold the sides of the tortillas to hold the rice and beans. Put folded and filled tortillas (burritos), seam side down, in a baking pan. Bake in the oven at 300 degrees for 15 minutes (or heat the burritos in a microwave in a glass baking dish). Pour salsa over burritos. Add jalapeno peppers (if you like) and cheese. Serve hot.

**Serves four.** Per serving: 520 calories, 85 g carbohydrate, 11 g fat, 13 g fiber and 760 mg sodium

### Pizza Buns

½ lb. ground beef
4 buns, sliced in half
butter or margarine
1 small can or jar of pizza sauce shredded or sliced cheese

Brown meat. Drain the fat off the cooked meat. Lightly butter each half of buns. Spread each half of the bun with 1 tablespoon pizza sauce and top with cooked meat. Grate cheese and put some on top if desired. (Add mushrooms, onion, green pepper or other toppings for variety.) Bake in oven at 375 degrees until hot and cheese is melted (about 15 minutes).

**Serves four.** Per serving: 280 calories, 27 g carbohydrate, 10 g fat, 3 g fiber and 560 mg sodium

### Quick Taco-Mac

1 lb. ground turkey or ground beef
1 packet taco seasoning
1 (14.5 oz.) can whole tomatoes, undrained
1 c. water
1 box macaroni and cheese

In medium skillet, brown ground meat until crumbly. Drain fat. If using whole canned tomatoes, cut or break up the tomatoes. Stir in rest of ingredients, including the cheese packet from the macaroni and cheese. Bring to a boil; reduce heat, cover and simmer 20 minutes. Sprinkle with cheddar cheese, if desired.

**Serves six.** Per serving: 247 calories, 30 g carbohydrate, 4 g fat, 1 g fiber and 866 mg sodium

### Ranch Dip with Vegetables

1 c. cottage cheese
1 Tbsp. onion, chopped very fine
¼ tsp. salt
¼-½ tsp. garlic powder
2 tsp. parsley flakes

Put cottage cheese in bowl or blender. Beat with fork or mixer, or in blender, until cottage cheese is smooth. Add other ingredients and mix. Add some milk if you need to make the dip thinner. Store dip in the refrigerator for one to two hours to let flavors blend. Wash and cut vegetables to serve with dip. Use carrots, celery, cucumber, zucchini, broccoli, turnips, cauliflower, green pepper.

**For a change:**
Use ½ teaspoon chicken or beef bouillon crystals for the ¼ teaspoon salt. Use 1 teaspoon dry minced onions for the chopped fresh onion.

**Serves eight.** Per serving: 20 calories, 1 g carbohydrate, 0 g fat, 0 g fiber and 190 mg sodium
Stir-fry Dinner

2 large stalks of celery
1 medium onion
½ small head of cabbage
1 Tbsp. oil
2 Tbsp. cornstarch
1½ c. broth, bouillon or juice from meat
3 Tbsp. soy sauce
¾ can of pork (or 1 lb. or 2 c. leftover pork, beef or chicken pieces)

Wash celery and cut in short, thin strips. Slice onion thin. Chop or shred the cabbage. Heat the oil in a frying pan. Add celery and onion. Cook until they are a bit brown. Mix cornstarch, broth and soy sauce by shaking them in a small jar or container with a lid. Pour the cornstarch mix into the pan with the onions and celery and cook until the sauce is clear and thick. Stir in the cabbage and meat. Cover the pan and cook for five to 10 minutes. Be sure the meat is thoroughly heated. Cover the pan and cook until the meat is cooked to 165 degrees.

Serves four. Per serving: 360 calories, 14 g carbohydrate, 19 g fat, 3 g fiber and 1,300 mg sodium

Equipment you will need
• knife
• measuring spoons
• measuring cup
• frying pan and lid
• mixing spoon
• jar or container with a tight lid
• cutting board

Creamed Tuna on Toast

2 Tbsp margarine, melted
3 Tbsp flour
½ tsp. salt
¼ tsp. pepper
2 c. low-fat milk
1 carrot, sliced
1 stalk of celery, sliced
2 c. water
1 c. peas
1 (7 oz.) can tuna (in water), drained
8 slices wheat bread for toast

Wash and slice carrot and celery. Cook them in a saucepan with 2 cups water until soft. Drain and set aside in a small bowl. In the same saucepan, melt margarine. Add the flour, salt and pepper and stir until it looks like paste. Add the milk and stir while it cooks until the sauce gets thicker. Do not boil it. Add the carrots, celery, peas and tuna. Stir and cook until the mixture is hot. Make toast and serve the creamed tuna over it. You also can serve it over biscuits or noodles.

Serves four. Per serving: 360 calories, 14 g carbohydrate, 19 g fat, 3 g fiber and 1,300 mg sodium

Equipment you will need
• knife
• vegetable peeler
• measuring spoons
• measuring cup
• can opener
• saucepan with lid
• mixing spoon
• bowl
• toaster
• cutting board

Egg and Cheese Puff

Equipment you will need
• knife
• cheese grater
• measuring cup
• measuring spoons
• baking dish
• mixing bowl
• mixing spoon
• foil

Grease a 2-quart baking dish with a small amount of margarine. Tear or cut bread into small pieces or cubes. Grate cheese and mix with the bread in the baking dish. With a fork, beat the eggs in a bowl. Add milk, mustard and pepper. Stir. Pour egg and milk mixture over bread. Cover with foil and keep in the refrigerator over night (or for several hours). Bake in oven at 350 degrees for 60 to 70 minutes.

Serves four. Per serving: 330 calories, 29 g carbohydrate, 14 g fat, 4 g fiber and 470 mg sodium

Equipment you will need
• cutting board
• sharp knife
• vegetable peeler
• heavy pan with tight lid
• stirring spoon
• measuring spoons
• plastic or paper bag

Beef Stew

Equipment you will need
• cutting board
• sharp knife
• vegetable peeler
• heavy pan with tight lid
• stirring spoon
• measuring spoons
• plastic or paper bag

1 lb. beef cubes
2 Tbsp. flour
Salt and pepper
1 Tbsp. vegetable oil
water
2 carrots, peeled and cut into 1-inch pieces
2 potatoes, peeled and cut into 1-inch pieces
1 onion, peeled and cut into 1-inch pieces

Measure flour into plastic or paper bag. Add salt and pepper. Shake. Add beef cubes to bag and shake until beef is well coated. Heat oil in heavy pan. Add beef cubes and brown. Add 1 cup water. Cover with tight-fitting lid and cook at low heat one hour. Peel and cube carrots, potatoes and onion. Add to beef. Cover with lid again. Cook one more hour at low heat.

Serves four. Per serving: 410 calories, 41 g carbohydrate, 15 g fat, 5 g fiber and 125 mg sodium

Equipment you will need
• sharp knife
• vegetable peeler
• cutting board

Ham and Cabbage Soup

Equipment you will need
• sharp knife
• vegetable peeler
• measuring cup
• measuring spoons
• cooking pot with lid
• stirring board

2 c. roast pork, ham or beef, cut into small pieces
3 c. water (or juice from meat if you have it)
½ small head of cabbage, chopped or shredded
2 stalks of celery, sliced
1 or 2 carrots, sliced
1 or 2 potatoes, cut up
½ large onion, chopped
½ green pepper, chopped
½ tsp. pepper
1 Tbsp. parsley flakes, if desired

Mix all foods in a large pot or saucepan. Bring to a boil and stir a few times. Cover the pot and turn down the heat. Cook on low heat for about 30 minutes, until ingredients are tender.

Serves four. Per serving: 100 calories, 24 g carbohydrate, 0 g fat, 5 g fiber and 60 mg sodium

Equipment you will need
• cutting board
• sharp knife
• vegetable peeler
• measuring cup
• measuring spoons
• cooking pot with lid
• stirring spoon
• measuring spoons
• plastic or paper bag
A “Grocery List” of cost-savings ideas

Check the following if you use the tip or plan to use it.

<table>
<thead>
<tr>
<th>Currently use</th>
<th>Plan to use</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Spend about 30 minutes planning your weekly menus.** Use the sale ads and write a shopping list. Keep the list in a handy spot.
- **Avoid shopping when you’re hungry or tired.** Almost everything looks tasty when you’re hungry. If you’re tired, you may be likely to grab convenience foods, which cost more and often are less nutritious.
- **Avoid using a credit card for food purchases unless you intend to pay off the balance each month.** You may end up adding credit card interest rates onto the food cost.
- **Shop in one or two stores. Consider your gas, too.** If you drive to several stores for special deals, it may not be a “deal.”
- **Be familiar with the store layout.** Only go down the aisles that include items on your list.
- **For quick shopping trips, shop the perimeter of the store.** Most staples, such as milk, fresh produce and bread, are around the perimeter.
- **Compare store brands with national brands and choose the one with the lower price.** Most store brands are similar in quality to name brands, but lower in price.
- **Clip coupons, but only for the things you need.** Some stores double the value of coupons to a certain point.
- **Compare price using “unit prices.”** The unit pricing on the front edge of shelving helps you know quickly whether the regular-priced super-sized package is a better deal than the sale-priced regular-sized package.
- **Check your receipt and change.** Although mistakes are not intentional, they can happen. Look carefully at your receipt to be sure you received the sale price.

This material was funded by the U.S. Department of Agriculture’s Supplemental Food Assistance Program (SNAP). SNAP provides nutrition assistance to people with a low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office.

My Goal

_____________________________________________________________

Date

The NDSU Extension Service does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names. This publication may be copied for noncommercial, educational purposes in its entirety with no changes. Requests to use any portion of the document (including text, graphics or photos) should be sent to NDSU.permission@ndsu.edu. Include exactly what is requested for use and how it will be used.

For more information about stretching your food dollars, visit www.ag.ndsu.edu/foodwise

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. North Dakota State University does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, Vietnam Era Veterans status, sexual orientation, marital status, or public assistance status. Direct inquiries to the Executive Director and Chief Diversity Officer, 202 Old Main, (701) 231-7708. This publication will be made available in alternative formats for people with disabilities upon request, (701) 231-7881.