You may have established a weekly menu and shopping list, but now you need the food. Going to the grocery store to buy food for your family may be something you do not look forward to doing. Decreasing the amount of time and money you spend there may help change that.

This is the third in a series of publications to help you eat well but spend less at the grocery store. It includes information about smart grocery shopping strategies, along with sample menus and recipes that you can adapt to meet your family’s tastes.

**Add More Fruits and Vegetables to Your Menu**

Fruits and vegetables add color to your plate and nutrition to your menus. Unfortunately, many children and adults fall short of the amount recommended for them.

Fruits and vegetables provide a wide range of essential vitamins, minerals and fiber. They are naturally low in calories. Eating more fruits and vegetables can help with weight management and can help reduce your risk of cancer and heart disease.
Affording More Fruits and Vegetables

- Compare prices. Consider all the forms of fruits and vegetables that are available: canned, fresh, frozen and dried. Buy the forms that best fit your storage options, lifestyle and budget.
- Buy fresh fruits and vegetables in season when they are at their highest quality and best price.
- Choose fruits without added sugar or syrup and vegetables without added salt, butter or cream sauces. Compare Nutrition Facts labels for sodium and fat content.
- Use fresh produce first so it does not spoil. Then use canned or frozen fruits and vegetables until the next shopping trip.

What’s Your MyPyramid Plan?

The latest nutrition recommendations are found 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/her particular calorie level 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>
**Store Food Safely**

To prevent wasting food, protect the food you buy. Use care, cleanliness and common sense when storing food.

- Always read the label to see where the food item should be stored. For example, labels on items that must be kept cold will say “keep refrigerated” or “refrigerate after opening.”
- Put food items that spoil easily in the refrigerator or freezer as soon as you return from the store. Check to make sure your refrigerator keeps food below 40 F.
- Label food products with the date of purchase and arrange them in a “first in, first out” manner.
- Do not store food in a cabinet near chemicals (such as detergents or bleach) or directly below the kitchen sink or any cabinets that gets too wet or too warm.

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### MyPyramid Plan*

<table>
<thead>
<tr>
<th>Grains</th>
<th>5 ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>2 cups</td>
</tr>
<tr>
<td>Fruit</td>
<td>1.5 cups</td>
</tr>
<tr>
<td>Milk</td>
<td>3 cups</td>
</tr>
<tr>
<td>Meat and Beans</td>
<td>5 ounces</td>
</tr>
</tbody>
</table>

### Example:

**MyPyramid Plan and three-day menu plan for an 8-year-old female who gets 30 to 60 minutes of physical activity per day**

**Three-day Menu Plan for an 8-year-old Female**

<table>
<thead>
<tr>
<th></th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>1 scrambled egg</td>
<td>¼ cup macaroni and cheese</td>
<td>3 oz. meatloaf</td>
<td>1 Peanut Butter Freezer Bar*</td>
</tr>
<tr>
<td></td>
<td>Cinnamon toast (1 slice toasted whole-wheat bread, 1 tsp. soft margarine, 1 tsp. sugar and cinnamon mixture)</td>
<td>½ c. green beans</td>
<td>½ c. steamed peas and carrots</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ grapefruit</td>
<td>1 slice whole-wheat bread</td>
<td>1 baked potato</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 c. nonfat milk</td>
<td>1 tsp. soft margarine</td>
<td>2 Tbsp. low-fat sour cream</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 c. nonfat milk</td>
<td>1 small baked apple</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 c. nonfat milk</td>
<td></td>
</tr>
<tr>
<td><strong>Day 2</strong></td>
<td>1 c. cereal with raisins</td>
<td>2 slices whole-wheat bread</td>
<td>¾ c. Turkey Temptation*</td>
<td>2 c. popcorn</td>
</tr>
<tr>
<td></td>
<td>½ toasted English muffin with jam</td>
<td>2 Tbsp. peanut butter</td>
<td>½ c. cooked rice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ c. orange juice</td>
<td>1 medium banana</td>
<td>½ c. corn</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 c. nonfat milk</td>
<td>9 baby carrots</td>
<td>¾ c. Waldorf Salad*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 c. nonfat milk</td>
<td>1 c. nonfat milk</td>
<td></td>
</tr>
<tr>
<td><strong>Day 3</strong></td>
<td>¾ cup cooked oatmeal</td>
<td>Tuna Salad Sandwich* (2 slices whole-wheat bread, ¼ c. tuna salad)</td>
<td>1 c. Spinach Lasagna*</td>
<td>1 medium banana</td>
</tr>
<tr>
<td></td>
<td>1 tsp. cinnamon and sugar mixture</td>
<td>½ c. Coleslaw*</td>
<td>1 slice garlic bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ c. orange slices</td>
<td>1 c. nonfat milk</td>
<td>1 c. tossed salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 c. nonfat milk</td>
<td></td>
<td>1 Tbsp. low-fat ranch dressing</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>½ c. applesauce</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 c. nonfat milk</td>
<td></td>
</tr>
</tbody>
</table>

* indicates recipe is included in this publication
# Weekly Meal Planner

(*) indicates recipe is included

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>Scrambled egg</td>
<td>Macaroni and cheese (box)</td>
<td>Meatloaf</td>
<td>Peanut Butter Freezer Bar*</td>
</tr>
<tr>
<td></td>
<td>Cinnamon toast</td>
<td>Green beans</td>
<td>Peas and carrots</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grapefruit</td>
<td>Whole-wheat bread</td>
<td>Baked potato</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td>Baked apple</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td><strong>Day 2</strong></td>
<td>Cereal with raisins</td>
<td>Peanut butter and banana sandwich</td>
<td>Turkey Temptation*</td>
<td>Popcorn</td>
</tr>
<tr>
<td></td>
<td>English muffin</td>
<td>Baby carrots</td>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Orange juice</td>
<td>Nonfat milk</td>
<td>Corn</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td></td>
<td>Waldorf Salad*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td><strong>Day 3</strong></td>
<td>Oatmeal with cinnamon and sugar</td>
<td>Tuna Salad Sandwich*</td>
<td>Spinach Lasagna*</td>
<td>Banana</td>
</tr>
<tr>
<td></td>
<td>Orange slices</td>
<td>Coleslaw*</td>
<td>Garlic bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td>Tossed salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Applesauce</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td><strong>Day 4</strong></td>
<td>Cream of wheat with milk</td>
<td>Spinach Lasagna*</td>
<td>Crispy Baked Chicken*</td>
<td>Peaches</td>
</tr>
<tr>
<td></td>
<td>Whole-wheat toast</td>
<td>(planned-over)</td>
<td>Long-grain wild rice (box)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ Grapefruit</td>
<td>Garlic bread</td>
<td>Baked yellow squash</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Carrot sticks</td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bread</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Day 5</strong></td>
<td>Cereal with milk</td>
<td>Turkey (or Chicken) Vegetable Soup*</td>
<td>Bean and Sausage Stew*</td>
<td>Yogurt with fruit</td>
</tr>
<tr>
<td></td>
<td>Toasted bagel half with jam</td>
<td>Crackers</td>
<td>Mixed greens salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Orange juice</td>
<td>Cracker and celery sticks</td>
<td>Cornbread*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bread</td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Day 6</strong></td>
<td>Oatmeal with raisins</td>
<td>Egg Salad Sandwich*</td>
<td>White Chili*</td>
<td>Apple sauce and graham cracker</td>
</tr>
<tr>
<td></td>
<td>Orange juice</td>
<td>Sweet and Sour Cucumbers*</td>
<td>Crackers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td>Carrot sticks</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td><strong>Day 7</strong></td>
<td>Pancakes with &quot;lite&quot; syrup</td>
<td>Tomato soup (canned)</td>
<td>Stir-fry Chicken and Vegetables*</td>
<td>Apple slices with Peanut</td>
</tr>
<tr>
<td></td>
<td>Orange juice</td>
<td>Toasted cheese sandwich</td>
<td>Rice</td>
<td>Butter Dip*</td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Celery sticks</td>
<td>Sweet and Sour Cucumbers*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td>(planned-over)</td>
<td></td>
</tr>
</tbody>
</table>

Menus adapted from publications by Cynthia Gardner, former NDSU Student Dietitian, and Suzanne Fundingsland, former Nutrition Specialist, NDSU
Bean and Sausage Stew

Ingredients

- ½ lb. Polish or German sausage
- 1 large onion, sliced
- 1 c. sliced celery
- 2 c. sliced, peeled carrots
- 1 (15 to 16 oz.) can Great Northern beans with liquid
- 1 (15 to 16 oz.) can red beans with liquid
- 2 c. water

Slice sausage into ¼-inch-thick rounds and fry until brown. Add onion to sausage and brown. Drain fat. In a large pan, combine sausage and onions with rest of ingredients. Cover and simmer 45 to 60 minutes.

Serves six to eight. Per serving: 193 calories, 28 g carbohydrate, 4.5 g fat, 9 g fiber and 637 mg sodium

Stir-fry Chicken and Vegetables

Ingredients

- 1 chicken breast, boned, skinned and cut in thin strips
- 2 Tbsp. vegetable oil
- 1 c. thinly sliced carrots
- 1 c. thinly sliced celery
- 2 c. shredded cabbage
- 1 Tbsp. soy sauce
- 2 c. chicken broth
- 2 Tbsp. cornstarch

Heat oil in a large frying pan. Stir-fry chicken quickly until lightly brown. Add vegetables, broth and soy sauce. Bring to a boil. Cover and cook for five minutes over low heat or until vegetables are crisp-tender. Blend cornstarch and ¼ cup cold water. Add to chicken mixture. Cook until the mixture thickens and bubbles. Stir the mixture constantly while it is cooking. Serve over hot cooked rice.

Serves four. Per serving: 180 calories, 11 g carbohydrate, 8 g fat, 2 g fiber and 890 mg sodium

Turkey Temptation

Ingredients

- 1 lb. ground turkey
- ¾ c. large bread crumbs
- 1 egg
- 1 Tbsp. oil
- 1 can cream of chicken soup
- 2 Tbsp. milk


Serves six. Per serving: 170 calories, 9 g carbohydrate, 5 g fat, 1 g fiber and 270 mg sodium

Note: If dish is microwave safe, microwave covered dish for 10 to 12 minutes at 50 percent power, turning one or two times. Let stand five minutes before serving.
**Spinach Lasagna**

**Ingredients**
- ½ lb. ground beef
- 1 tsp. garlic powder
- 1 c. tomato sauce
- 2½ c. canned tomatoes
- ¼ tsp. pepper
- ½ lb. lasagna noodles
- ¼ lb. sliced mozzarella cheese
- ¾ lb. low-fat cottage cheese
- ½ c. parmesan cheese
- 1 (10 oz.) package spinach, thawed and drained water

Set oven at 350 degrees. Brown beef in a frying pan. Drain fat. Add garlic powder to browned beef and mix well. Add tomato sauce, tomatoes and pepper to frying pan. Cover and cook on low heat for 15 to 20 minutes. Mixture should boil gently. Layer half of the uncooked noodles, mozzarella, cottage cheese, tomato/meat sauce, spinach and grated parmesan cheese in baking dish. Repeat with other half. Start with a layer of noodles. Cover top of lasagna with a layer of sauce. Sprinkle with parmesan cheese. Measure 2 cups water and add to lasagna. Cover tightly with foil. Bake at 350 degrees for one hour and 15 minutes.

**Serves eight.** *Per serving: 260 calories, 29 g carbohydrate, 6 g fat, 2 g fiber and 750 mg sodium

*Quick Tip: You can freeze the leftovers in single-serving containers for a quick lunch.

---

**White Chili**

**Ingredients**
- 1 medium onion, chopped
- 1 (4 oz.) can chopped green chilies
- 2 (16 oz.) cans Great Northern beans
- 3 tsp. ground cumin
- 3 c. cooked chicken or turkey, diced
- 2 (14 oz.) cans reduced-sodium chicken broth
- 2 c. Monterey Jack cheese or other cheese of choice

Combine 3 cups of broth, onion, chilies, beans and cumin. Simmer for an hour. Add 1 to 1 ½ cups cheese and chicken. Cook until chili is thick and add additional broth as needed. Top with shredded cheese, nacho chips, sour cream and salsa if desired.

**Serves 12.** Per serving: 350 calories, 42 g carbohydrate, 9 g fat, 14 g fiber and 283 mg sodium

---

**Turkey (or Chicken) Vegetable Soup**

**Ingredients**
- 2 c. cooked turkey or chicken
- 2-3 chicken bouillon cubes
- 4 c. water
- 1 (10 oz.) package frozen mixed vegetables*
- 1 potato, peeled and cubed
- 1 (8 oz.) can tomato sauce

Mix all ingredients in a large pan. Cover, bring to a boil and cook until potatoes are done (15 to 20 minutes). Serve with crackers.

*You can substitute leftover vegetables of choice.

**Serves six.** Per serving: 180 calories, 21 g carbohydrate, 2 g fat, 3 g fiber and 580 mg sodium

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**Turkey Salad Sandwich**

**Ingredients**
- 1 (7 oz.) can tuna
- 1 stalk celery, chopped
- ¾ c. mayonnaise*
- 8 slices bread

Open tuna can and drain tuna. Put tuna in small bowl. Wash and chop celery on cutting board. Measure ¾ cup mayonnaise. Add celery and mayonnaise to tuna in bowl. Mix well. Place four slices of bread on cutting board. Put one-fourth of tuna mix on each slice. Spread tuna over bread and put another slice of bread on top. Cut sandwiches in half and serve.

**Serves four.** Per serving: 210 calories, 25 g carbohydrate, 3 g fat, 4 g fiber and 520 mg sodium

*To cut calories and fat, use nonfat or low-fat mayonnaise, or use half nonfat yogurt.
Sweet and Sour Cucumbers

Ingredients
- 2 cucumbers
- 2 Tbsp. vinegar
- 1 tsp. salt
- 2 Tbsp. sugar

Wash cucumbers. Score cucumbers with the tines of a fork. Thinly slice. Put sliced cucumbers into a bowl and add salt. Let stand in fridge for 20 minutes. Drain off water. Add vinegar and sugar to cucumbers. Chill before serving.

Serves four. Per serving: 30 calories, 7 g carbohydrate, 0 g fat, 1 g fiber and 580 mg sodium

** Waldorf Salad **

Ingredients
- 1 c. celery, diced
- 2 apples, diced
- ½ c. walnuts, chopped (if you like)
- ½ c. low-fat vanilla yogurt
- 1 tsp. sugar (if you like)
- 1 tsp. lemon juice

Mix celery, apples and walnuts in a mixing bowl. In the other mixing bowl, mix yogurt, lemon juice and sugar. Add to the celery and apple mixture and mix well. Chill before serving.

Serves six. Per serving: 110 calories, 12 g carbohydrate, 7 g fat, 2 g fiber and 30 mg sodium

** Egg Salad Sandwich **

Ingredients
- 4 hard-cooked eggs
- 1 stalk celery, chopped
- ¼ c. mayonnaise*
- 8 slices bread

Put eggs in pan. Cover with cold water. Put pan on the stove and heat until the water starts to boil. Take pan of eggs off the stove, cover the pan and let it stand for 15 minutes. Wash and chop the celery and put in small bowl. When eggs have stood for 15 minutes, pour cold water over them. Take out of water and peel the eggs. Cut eggs on cutting board and put in bowl. Measure and add mayonnaise and mix well. Place four slices of bread on cutting board. Put one-fourth of egg mix on each slice. Spread egg mix over bread and put another slice on top. Cut sandwiches in half and serve.

Serves four. Per serving: 210 calories, 25 g carbohydrate, 3 g fat, 4 g fiber and 520 mg sodium

Crispy Baked Chicken

Ingredients
- 1 c. cornflakes, crushed
- 1 c. skim milk
- 1 frying chicken (2½ to 3 lb.) cut into serving pieces, skin removed
- 1 tsp. oil (for oiling pan)

Set oven at 400 degrees. Measure cornflakes into a plastic bag. Close. Crush cornflakes with rolling pin or glass. Rinse the chicken pieces and pat dry. Pour the skim milk into a bowl. Dip each piece of chicken in milk and then shake in bag of cornflake crumbs. Let stand briefly until coating sticks. Oil pan. Place coated chicken pieces in oiled pan. Pieces should not touch each other. Bake at 400 degrees for 45 minutes.

Serves four. Per serving: 230 calories, 10 g carbohydrate, 5 g fat, 0 g fiber and 150 mg sodium

** Coleslaw **

½ head cabbage
- 1 carrot, peeled and grated
- ½ c. mayonnaise
- 1 Tbsp. milk
- 1 Tbsp. vinegar
- 1 Tbsp. sugar

Chop cabbage and grate carrot. In bowl, mix other ingredients. Add cabbage and carrot and mix well. Chill until ready to serve.

Serves eight. Per serving: 30 calories, 6 g carbohydrate, 0 g fat, 2 g fiber and 135 mg sodium

Cornbread

Ingredients
- 1 c. cornmeal
- 1 c. all-purpose flour
- 1 tsp. salt
- 1 tsp. baking powder
- ¼ c. sugar
- 2 eggs
- ¼ c. vegetable oil
- 1 c. milk

Butter baking pan and set aside. Set oven at 425 degrees. Mix dry ingredients together in a bowl. Add the rest of the ingredients and mix well. Pour cornbread batter into baking pan. Bake at 425 degrees for 20 minutes until golden brown. Serve hot.

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

My Grocery Shopping Goal

Date

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.

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

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