

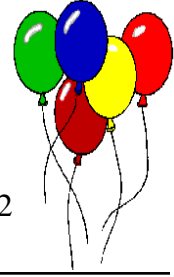


NUTRI-NEWS

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"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC

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Eating Healthy and Saving Food Dollars Too!

A common question posed to a nutritionist in these economic times is: How can I feed my family healthy meals while not breaking the bank? This nutritionist and working mom has shown that this can be done, though as with anything important in life it takes ongoing work and commitment. Below are some tried-and-true tips on saving money while planning healthy meals for the family.

- The first step is the **planning of weekly menus**. As with many busy families, time is of the essence and weeknight dinners in our house are usually those prepared in 30 minutes or less. (Each month this school year the Nutri-News will share one of these in each issue.) Most menus should follow the guideline of 2/3 of the plate consisting of grains (whole grains being preferred), fruits and veggies and the other 1/3 being protein-based such as meat, poultry or fish. This is not only less expensive but is the menu advised by most of the major health care agencies, such as the American Institute for Cancer Research.
- Menus should be based on both **weekly store specials, in-season fruits and vegetables, and coupons**. Only clip and use coupons for products you usually use or may wish to try. Do not buy products solely on having coupons, as store-brands may still be cheaper and just as high in quality. Write your shopping list based on your menus.

- **Never go to the supermarket when hungry**...you will most definitely buy more than you had intended!
- When at the market try to do most of your shopping around the **perimeter** of the store. The major food groups are found there.
- Choose **low-fat** dairy products, **lean** meats and poultry and **whole grain** breads and cereals.
- Instead of buying pre-packaged lettuce, **have the children help** by rinsing off the lettuce and helping make the salad at dinner. Research has shown that kids will eat different foods when assisting with meal preparation.
- Stick to **simple** foods without added sugar and special packaging. Make your own 100-calorie snack bags using the food label as a guide. Make homemade oatmeal on the weekends -much less expensive than ready-to-eat cereals.
- Examples of low fat **healthy snacks** are ginger snaps, vanilla wafers, fig bars and fudgesicles.
- If you order out pizza once a week try **preparing it at home** twice a month. It is pretty easy using prepared crusts, pizza sauce and part-skim mozzarella.
- Use **customer loyalty cards** if your supermarket has these. Additional food dollars can be saved by doing this.
- And finally, planning and shopping this way will **save gas dollars** by avoiding unnecessary trips to the market. Enjoy!

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