



# GOOD FOOD *ON A* TIGHT BUDGET

a shopping guide



# ABOUT THIS GUIDE



## USING THIS GUIDE

throughout the guide look out for these icons.



Best buys



Read more



Health tip



Use caution

**W**ant to fill your plate with delicious, healthy foods without breaking the bank?

### **Good Food on a Tight Budget**—

the first of its kind—lists foods that are good for you, easy on your wallet and good for the planet. Environmental Working Group's health experts have chosen them based on an in-depth review of government surveys and tests for nearly 1,200 foods.

Our **food lists** (page 6), **shopping list** (page 29), **meal planner** (page 30) and **price tracker** (page 31) are

designed to help you save time and money.

Our top picks are based on average food prices. Check for the best local buys.

Variety is important for health and happiness. Our lists are a good start, but try other affordable foods, especially from the fruit and vegetable aisles.

Can't find something? Ask if the store manager can stock it.

Happy, healthful eating from EWG with thanks to Share Our Strength.

## **Environmental Working Group**

EWG ([www.ewg.org](http://www.ewg.org)) is a not-for-profit organization that marshals the power of information to protect human health and the environment.

## IN COLLABORATION WITH



### **Share our Strength**

Share Our Strength's Cooking Matters® teaches families at risk of hunger how to get more food for their money and better nourishment from those foods, as part of the No Kid Hungry® campaign.



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# TOP TIPS

## BETTER FOOD, LOWER COST

### BEFORE YOU SHOP

- **Plan and save.** Make a **meal plan** (page 30) and **shopping list** (page 29). Use the food you have and the deals you find in store ads and coupons.
- **Add more fruits and vegetables to your meal plan.** Fill half your plate with fruits and vegetables. You can get your 5 to 9 servings of fruits and vegetables a day for about the cost of a bus ride in most cities.
- **Add beans and lentils to your meal plan.** Pick beans and lentils instead of meat for 2 or more dinners every week – lots of protein for less money (see recipes).
- **Skip processed foods** like frozen pizza, cookies and soda. They usually cost more than fresh, healthy food. Canned foods are convenient, but eat fresh or frozen when you can to lower your exposure to toxic chemicals.

### AT HOME

- **Cook and freeze** large batches (see recipes). Save money by cooking at home more and eating out less. Store food properly and throw less away.
- **Grow your own.** You can buy seeds with SNAP dollars. You don't need a backyard, just some containers, a sunny window and a little soil. Community gardens are often free. Try cherry tomatoes and lettuce first. Check out [www.ewg.org/goodfood](http://www.ewg.org/goodfood)



## AT THE STORE

- **Stock up to save money.** Foods that last include rice, beans, cooking oil and frozen foods. Buy extra when they're on sale. Check unit prices – bigger packages are often cheaper. Buy from bulk containers if your store has them.
- **Spot bargains on fresh fruits and vegetables.** Use the **price tracker** (page 31) to find good deals on fruits and vegetables. Fresh produce prices can drop when they're in season, and they taste best then.
- **Compare labels.** Healthier foods usually have less saturated fat, trans fat, salt (sodium) and sugar.
- **Look for deals at your farmers' market.** Some will give you \$2 worth of produce for every \$1 you spend. Find a market near you at <http://search.ams.usda.gov/farmersmarkets/> or call Wholesome Wave at **203-226-1112**.

## NEED HELP?

Many programs provide food or help to purchase food. Learn more:

- **SNAP (food stamps):** [www.snap-step1.usda.gov](http://www.snap-step1.usda.gov) (1-800-221-5689).
- 🔍 **Use your phone:** Text your address to 415-889-8650 for the 5 nearest stores that accept SNAP.
- **WIC:** <https://stars.fns.usda.gov/wps/pages/start.jsf> (703-305-2746)
- **School Breakfast Program and the National School Lunch Program:** contact your child's school
- **Free summer meals for kids and teens:** 1-866-348-6479 [www.strength.org/summermeals](http://www.strength.org/summermeals)
- **Food banks and pantries:** [www.feedingamerica.org/foodbank-results.aspx](http://www.feedingamerica.org/foodbank-results.aspx) (1-800-771-2303, press 0)



# FRUITS

These fruits pack the most nutrition for the lowest cost



## FRUITS

|                                                                                   |                                                                                          |                                                                                   |                                                                                                                 |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|  | apricot                                                                                  |  | orange juice*                  |
|   | avocado                                                                                  |  | nectarines <br><b>domestic</b> |
|  | banana  |  | papaya                                                                                                          |
|   | cantaloupe                                                                               |  | pear                           |
|  | grapefruit**                                                                             |  | starfruit                                                                                                       |
|  | honeydew                                                                                 |  | tangerine                                                                                                       |
|   | kiwi                                                                                     |  | watermelon                     |

 **Peaches** are also nutritious but may have more pesticides than other fruits. Check prices for organic.

 \*Limit juice to 1 cup a day. Children should drink less.

\*\*On medicine? Ask your doctor about grapefruit.

## DRIED FRUITS

|                                                                                     |          |                                                                                     |                                                                                                        |
|-------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
|  | apricots |  | california raisins  |
|  | mango    |  | prunes              |

 **Dried apples** are also nutritious but may have more pesticides than other fruits. Check prices for organic.

 Don't overdo dried fruit – it has LOTS of sugar! One serving equals ¼ cup.

Aim for variety and two servings daily.

- Love lemons. Put **lemon juice** in your salad dressing. Cook fish on a bed of **lemon slices** to add flavor and moisture and keep your pan clean.
- Cut and **freeze fresh fruit** when it's on sale or overripe. Use later in smoothies, oatmeal or yogurt (see recipes on pages 20 & 23). To eliminate clumping, lay pieces on a tray in the freezer or freeze pureed fruit in ice cube trays. When frozen, transfer to a bag.

## SNACK SMART

These healthy snacks average **44 cents** per 1 cup serving—less than a postage stamp—and will power you up.

- **Snack on fruits and vegetables.** You can get your five to nine servings a day for about the cost of a bus ride.
- **Apricots, bananas, pears and tangerines** are great for lunch boxes (wrap apricots in a napkin to prevent bruising).
- Make a fruit bowl. Slice up a **kiwi** and chop **cantaloupe, watermelon, papaya** (or have kids do it themselves with a spoon or melon baller) or **starfruit** (kids love the shape) into bite-size pieces. Fill a small container for lunches.
- Try raw **carrots, broccoli** or **snow peas** as an afternoon snack. They are great dipped in hummus or bean dip (see recipe on page 24).

45¢





# VEGETABLES

These vegetables pack the most nutrition for the lowest cost



## DARK GREEN



broccoli



collards



kale



lettuce  
romaine



mixed salad greens



mustard greens



parsley



spinach



turnip greens

! All of these (except broccoli and parsley) may have more pesticides than other vegetables. Check prices for organic.

## RED/ORANGE



calabaza  
spanish pumpkin



carrots



pumpkin  
fresh



sweet potato



tomatoes  
low sodium (salt), canned



tomato juice  
low sodium (salt)

! Sweet **red** and **green peppers** are also nutritious, but may have more pesticides than other vegetables. Check prices for organic.



## Recipes

1. Crunchy peanut slaw — page 19
2. Make-it-a-meal salad — page 18
3. Step-by-step soup — page 25
4. Tabbouleh — page 20
5. Kid approved roasted veggies — page 19

## STARCHY



corn  
frozen



lima beans  
fresh



potatoes\*  
roasted, baked or boiled



Make room for other vegetables by eating less of these high-carbohydrate vegetables.

## THE REST



alfalfa sprouts



green onions



brussels sprouts



okra  
frozen



cabbage



onions



chayote  
pear squash



snow peas  
fresh



eggplant



zucchini, yellow squash,  
other summer squashes



\*Potatoes and green beans may have more pesticides than other vegetables. Check prices for organic.



Eat more, and eat a variety of vegetables. You can't go wrong with vegetables! Our "best" picks are good to start with, but try other produce, too.

## TOP TIPS

- **Vegetables about to go bad?** Freeze them or make soup (see recipe on page 25).
- Stock up on long-lasting vegetables and store them in a cool, dry place. **Potatoes, carrots, pumpkin, calabaza, and sweet potatoes** taste great for several weeks after you buy them. **Frozen vegetables** and **cabbage** keep well, too.
- Add healthy flavor. Toss **green onions** on stir-fries, dips, rice or soup. Stuff **parsley** in tomatoes, serve over grilled fish or meats, serve with hummus and pita or make tabbouleh (see recipe on page 20).



## GRAINS BREAD, PASTA, RICE AND MORE

These foods pack the most nutrition  
for the lowest cost



## BREAKFAST CEREAL



oatmeal



puffed corn



puffed whole grain  
cereal



shredded wheat



toasted oat cereal



### Read the nutrition facts

- **Low sugar:** Pick a whole grain cereal with the lowest sugar content.
- **High fiber:** Try for at least three grams of fiber per serving.
- **Lower sodium (salt):** Look for a cereal with less than 210 mg of sodium per serving.

## BREAD AND PASTA



### Read the nutrition facts

- **Low sodium (salt):** Pick whole grain bread or pasta with the lowest sodium content.
- **High fiber:** Try for at least 2 grams of fiber per serving in bread and 5 grams in pasta.

## RICE AND OTHER GRAINS



barley



bulgur



brown rice

### TOP TIPS

- **Don't be fooled.** Read the label. Make sure the word "whole" is the very first ingredient listed. "Multi-grain" or "wheat" isn't enough. Just because it looks brown, doesn't mean it's whole grain.
- **Start kids off right** with whole grains, not white bread and white pasta. If they're not used to whole grains, mix them in gradually.
- **Buy in bulk and stock up during sales.** Make your own **oatmeal** (see recipe page 20). Packets cost more and are often loaded with salt and sugar. Buy **brown rice** in bulk and mix with white rice if needed to lower cost. Buy **whole grain bread** on sale and save in the freezer.
- Ready for something new? Try **quinoa** instead of rice. Look for it on sale or in bulk.



### Recipes

1. Tasty oatmeal — page 20
2. Chinese veggies and rice — page 21
3. Tabbouleh — page 20
4. Barley stew — page 22



# PROTEIN

MEAT, SEAFOOD,  
BEANS & MORE



These proteins pack the most nutrition for the lowest cost

## SEAFOOD



cod  
**Alaskan or Pacific**



croaker\*



haddock



perch\*



salmon  
**Alaskan or Pacific**



squid



tilapia



tuna\*  
**canned light**



whiting or silver hake

! \*Limit croaker, perch and canned light (not albacore) tuna to once a month. These fish may contain industrial pollutants.

Q Fresh or frozen wild Alaskan or Pacific salmon are best. Canned salmon is a lower cost alternative.

## BEANS & MORE



black beans



black-eyed peas  
**cowpeas**



chickpeas  
**garbanzo beans**



eggs  
**baked, boiled or poached**



lentils



lima beans



mungo beans



pink beans



pinto beans



red kidney beans



white beans

## NUTS & SEEDS



almonds  
roasted, unsalted



hazelnuts



peanuts  
roasted, unsalted



pecans



sunflower seeds



walnuts

## MEATS



chicken  
remove skin



goat\*



turkey  
light and dark meat, remove skin



\*Goat is the world's most commonly eaten meat. See recipe on page 25.



**Skip processed meat** like hot dogs, sausage and deli meats. They are high in salt and additives. Lean meats have fewer pollutants.

### TOP TIPS

- **Eggs, beans** and **nuts** are excellent sources of protein and easy to add to almost any dish.
- Add **nuts** to oatmeal, cereal, salads and stir-fries for a healthy, hearty meal. Raw nuts are often cheaper. Roast them for a delicious snack. Nuts stay fresh longer in the freezer.
- Whole or cut-up bone-in **chicken** can be a money saver. Bake extra and use all week. Buy family-size packs on sale and freeze.
- Soak and cook **dried beans** to save money. Canned beans save time, but rinse them before using.



# DAIRY

These dairy foods pack the most nutrition for the lowest cost



## MILK

low-fat dry milk

non-fat dry milk

low-fat (1% milk)

non-fat or skim milk

soy milk



### ♥ Skip whole milk.

Health experts recommend fat-free or low-fat (1%) milk—as much calcium, with fewer industrial pollutants and calories.

Infants are the exception:

- Children under 1 year old should not drink cow's or soy milk. Breast is best, or formula.
- Children ages 1 to 2 can drink whole cow's milk.
- Children older than 2 should drink low-fat (1%) or fat-free (skim) milk – like the rest of the family. For kids not used to low-fat milk, mix it in gradually.



### ♥ Not all dairy products are rich

**in calcium.** Fatty foods like cream cheese, sour cream, cream and butter have little or no calcium and should be used sparingly.



## Recipes

1. Yogurt parfait – Page 23
2. Fruit dip – Page 23
3. Veggie dip – Page 24

## CHEESE

cottage cheese •

queso blanco •

**Puerto Rican white cheese**

queso fresco •

ricotta •

- ♥ Eat less cheese. Low fat **cheddar, Colby, Monterey** and **mozzarella** can have a lot less saturated fat but may have more sodium (salt) and additives.

## YOGURT

non-fat plain yogurt •

- ♥ **Skip flavored "light" and "lite" yogurts**, often loaded with sugar, artificial sweeteners and additives. Add fruit to plain yogurt or cottage cheese.

### TOP TIPS

- **Dry milk powder** plus water makes a low-cost substitute in recipes.
- Freeze **cheese** that starts going bad. Defrosted cheese tastes best melted. Don't buy shredded cheese – shred it yourself.
- Substitute **yogurt** for cream and sour cream in recipes. Drain yogurt in a coffee filter to thicken. To cut cost and packaging waste, buy in large containers and measure out small servings.



# COOKING FATS AND OILS

These oils have the most nutrition for the lowest cost



## OILS

canola oil\* 

corn oil\* 

olive oil\*\*

peanut oil

safflower oil\*\*

soybean oil\* 

sunflower oil\*\*

 \*Looking to avoid GMOs? Check prices for organic.

 \*\*Use these oils to give a flavor boost to salad dressings. Or mix 1 part with 9 parts of cheaper cooking oil for great flavor and nutrition at a lower price.

 **Skip solid and trans fats.** If it's solid at room temperature or the label says trans fats, beware. **Limit** these fats for heart health. Remove chicken skin. **Eat less** beef, pork, cheese, lard, butter, stick margarine, shortening and foods with partially hydrogenated oils.

## TOP TIPS

- Top whole-grain toast with **peanut** or **almond butter**, add sliced **banana** if you like. Or spread **hummus** (see recipe page 24), **black** or **pinto bean dip** or **avocado** on top.
- Make your own cooking spray with a spray bottle and your favorite oil. You'll use less oil and save money.



## Recipes

1. Step-by-step salad dressing — Page 18



# STAPLES AND SPICES



## STAPLES

These longer-lasting supplies can be bought in bulk or in larger sizes when on sale.

### Used often

honey or brown sugar  
peanut butter  
soy sauce  
**low sodium (salt)**  
vinegar

### Handy to have

dijon mustard  
stock for soups  
**low sodium (salt)**  
whole wheat flour

## SPICES

Spices go stale, so they are best bought in small amounts and whole when you can find them. Grinding only what you need (kids love using a mortar and pestle) helps them keep longer—and you don't have to use as much. Ethnic markets often stock spices at good prices. The best way to save on spices: grow your own!

### Used often

salt  
pepper  
onions  
garlic  
lemon juice  
cinnamon  
cayenne pepper

### Handy to have

bay leaves  
cumin  
rosemary  
thyme  
vanilla extract  
chili powder  
dill  
fennel  
ginger  
lime juice  
dried oregano  
paprika  
parsley



# RECIPES

Cooking at home is the best way to save money and enjoy good food.



## VEGETABLES

### MAKE-IT-A-MEAL SALAD

serves 2

| Leafy greens                                                                 | + Select veggies                                | + Tasty toppings                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| mixed greens<br>romaine lettuce<br>spinach<br>a mix of what you have on hand | broccoli<br>carrots<br>red cabbage<br>snow peas | sliced almonds and tangerine slices<br><br>avocado and cooked red beans<br><br>leftover chicken, sliced fresh cranberries and toasted sunflower seeds<br><br>diced pear and walnuts<br><br>cooked garbanzo beans and homemade whole wheat croutons— cut up and toast stale bread |

#### Preparation:

1. Rinse, drain and chop 4 cups of leafy greens. Put in a bowl.
2. Rinse and chop ½ cup of each of the vegetables and add to the bowl.
3. Add ½ cup salad dressing (recipe below).
4. Finish with ½ cup of the optional tasty toppings.

**Tip** If you have leftover vegetables, chop and store in airtight container for later. For a kid-friendly salad, add chopped pear, tangerine or avocado.

### STEP-BY-STEP SALAD DRESSING



serves 2+

| Oil                                     | + Citrus or vinegar                                                       | + Seasoning                                                                     |
|-----------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| olive<br>sunflower<br>whatever you have | lemon, lime or orange juice <b>or</b> mix 1 tsp Dijon mustard and vinegar | salt, pepper, garlic, fresh <b>or</b> dry herbs: parsley, rosemary, thyme, etc. |

#### Preparation:

1. Mix 2 parts oil with 1 part citrus or your choice of vinegar. 2 servings is 5 Tbsp oil plus 2 ½ Tbsp of vinegar.
2. Flavor with your choice of seasonings, to taste.

**Tip** Use olive oil mixed with a low cost oil to add lots of flavor for little money.

# CRUNCHY PEANUT SLAW

serves 2

| Vegetables                                                                           | + Dressing                                                                                                                                                                  | + Tasty toppings                                                |
|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| bok choy (Chinese cabbage) <b>or</b><br>red or green cabbage<br>carrots<br>snow peas | ¼ cup oil<br>¼ cup vinegar*<br>3 tablespoons soy sauce (low sodium)<br>3 tablespoons brown sugar<br>2 tablespoons peanut butter or crushed peanuts<br>black pepper to taste | cilantro<br>green onions<br>leftover chicken<br>sunflower seeds |

## Instructions:

1. Rinse and chop 2 cups cabbage, ½ cup carrots and/or ½ cup snow peas.
2. Mix dressing & combine with cabbage. \*Rice or apple cider vinegar are best.
3. Rinse and chop ¼ cup of any tasty topping. Toss on top.

**Tip** Ginger packs a punch: mix in 1 tsp fresh or a pinch ground.

# KID-APPROVED ROASTED VEGGIES

serves 2

| Choose 1 vegetable                                                                                                                                     | + Savory mix                                                                                                                                                                                 | or Sweet mix                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 15 Brussels sprouts<br>1 calabaza<br>4 carrots<br>3 chayotes<br>1 eggplant<br>1 pound okra<br>½ pumpkin<br>3 summer squash<br>2 sweet potatoes or yams | 1 medium onion, chopped<br>2 garlic cloves, chopped<br>2-3 tablespoons olive oil<br>1 teaspoon rosemary <b>or</b> thyme <b>or</b> fennel seeds<br>¼ teaspoon salt<br>¼ teaspoon black pepper | best with calabaza, sweet potatoes, yams, or pumpkin<br>2-3 tablespoons oil<br>1 teaspoon brown sugar (optional)<br>½ teaspoon cinnamon<br>¼ teaspoon salt |

## Preparation:

1. Preheat oven to 425°F.
2. Rinse and chop vegetables into bite-size chunks of equal size.
3. Mix together the sweet or savory seasoning.
4. Coat veggies with sweet or savory mix.
5. Spread veggies on baking sheet in a single layer.
6. Bake until veggies are browned at the edges and tender inside, checking and tossing every 15 minutes.

**Tip** The browner they get, the sweeter and more kid-pleasing the caramelized vegetables will be.



## GRAINS

### TASTY OATMEAL

serves 2

#### Oatmeal

1 cup rolled oats  
2 cups water  
½ teaspoon cinnamon



#### Fruit

apricot  
dried apricots  
banana  
fresh sliced cranberries  
sliced nectarines  
papaya  
California raisins



#### Tasty toppings

sliced almonds  
walnuts

#### Preparation:

1. Bring oatmeal and cinnamon to boil in a pot.
2. Turn down to simmer. Stir occasionally. Cook until thick and creamy, between 5 and 10 minutes.
3. Chop ½ cup dried or 1 cup fresh fruit into bite-size pieces. Mix into simmering oatmeal or save to toss on top with the rest of your tasty toppings.

**Tip** Make a big pot and refrigerate for a quick and sustaining breakfast throughout the week. Or make a single serving in the microwave: mix ½ cup rolled oats, 1 cup water and a pinch of cinnamon. Microwave for 2-3 minutes.

### TABBOULEH TRADITIONAL MIDDLE EASTERN SALAD



serves 6

#### Basic ingredients

1 ½ cups boiled water  
1 cup bulgur wheat  
2 cups fresh parsley, chopped  
1 large tomato, diced



#### Seasoning

juice from 2 lemons  
2 tablespoons oil  
¼ teaspoon salt and pepper  
pinch of cayenne pepper or paprika



#### Tasty toppings

¼ cup cooked garbanzo beans  
¼ cup sliced almonds  
3 green onions, chopped  
¼ cup mint leaves

#### Preparation:

1. Boil 1 ½ cups of water. Pour boiled water over bulgur in a large bowl. Cover and set aside until soft and chewy, about 30 minutes.
2. In a colander, drain excess liquid from bulgur mixture.
3. Add parsley, tomato and seasoning to bulgur and your choice of toppings.

**Tip** Bulgur and parsley are nutrition superstars and great buys. This delicious salad made with both makes a fantastic lunch and a yummy leftover.

# CHINESE VEGGIES AND RICE



serves 4

## Basic ingredients

1 cup brown rice  
2 tablespoons oil  
1 clove garlic, finely chopped  
1 tablespoon fresh ginger or ½ teaspoon ground ginger  
½ pound broccoli  
1 carrot  
½ onion  
½ cup frozen peas

## + Sauce

¼ cup low-sodium soy sauce  
1 tablespoon whole wheat flour  
1 tablespoon brown sugar  
1 very small jalapeño or chili pepper, minced

## + Protein choices

6 oz chicken (about ¾ of a breast)  
6 oz turkey (about the size of 2 decks of cards)  
½ package of firm tofu  
¼ cup almonds  
¼ cup peanuts

## Preparation:

1. Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.
2. Rinse and chop broccoli. Peel, rinse and chop carrots. Rinse and mince jalapeño. Peel and finely chop garlic, onions and fresh ginger.
3. In a small bowl, stir together soy sauce, brown sugar and flour. Add 1 teaspoon of the minced jalapeño. Stir. If using tofu, marinate in sauce and set aside.
4. If using chicken or turkey, remove skin. Cut into small pieces.
5. Heat 1 tablespoon oil in a skillet over medium-high. Add ginger and stir.
6. Add chicken, turkey or tofu. Cook, stirring occasionally, until slightly brown and completely cooked through but not dry, about 5 minutes. Remove from pan and set aside.
7. Add the last tablespoon of oil and your chopped veggies. Stir frequently. Cook until veggies are tender, about 5 minutes.
8. Add sauce mixture. Bring to a boil. Reduce heat. Add nuts now, if using, and add back in your protein choice. Simmer until sauce is slightly thickened, about 2 minutes.
9. Serve over warm brown rice.

**Tip** Use any vegetables you have on hand. Cut vegetables into equal-size pieces so they cook evenly. Add vegetables like carrots that take longer to cook first. Vegetables with lots of water, like yellow squash or spinach, should go in last.

# BARLEY STEW

serves 4

## Basic Ingredients

1 cup barley or brown rice  
2 ½ cups water  
2 bay leaves  
1 tablespoon oil  
4 oz ground turkey or ground, bone-in, or cubed goat  
1 cup cooked or 1 can pinto or black beans, no salt added

## + Vegetables

3 medium onions  
2 cloves garlic  
2 medium carrots  
2 zucchinis or chayotes  
½ pound of okra, or other vegetable  
4 cups fresh or frozen dark greens  
2 cans diced tomatoes, no salt added

## + Spices

½ teaspoon cayenne pepper  
1 ½ teaspoons dried oregano  
salt and pepper to taste

## Preparation:

1. In a colander, rinse barley under cold water.
2. In a medium pot over high heat, bring barley or rice, water and bay leaves to a boil. Reduce heat to low and cover. Cook until tender and water is absorbed, about 30-40 minutes. Set aside.
3. Peel, rinse and dice onions. Peel and mince garlic.
4. In a large pot over medium-high heat, heat oil. Add chopped onions, garlic, carrots and other veggies to pot. Mix well. Cook until veggies are soft, about 5 minutes.
5. If using turkey, add ground turkey. Cook until turkey is cooked through, about 5 minutes more.
6. Add tomatoes and their juices. Add rinsed and drained beans. Bring to a simmer.
7. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes.
8. Skip this step if you are not using goat. Otherwise, add goat and cook over low heat until goat is tender—at least an hour.
9. Add cooked barley or rice to the mixture. Stir to combine. Add more water, if needed. Cook over low heat to blend flavors, about 5-10 minutes more.
10. Remove bay leaves and serve.

**Tip** Make a big pot ahead of time and refrigerate for a quick and sustaining dinner throughout the week. You can double the recipe and freeze half – but don't double the cayenne pepper unless you like it very spicy.



## DAIRY

### YOGURT PARFAIT

serves 1

| Yogurt               | + | Fruit                                                                                              | + | Tasty toppings                                                                                         |
|----------------------|---|----------------------------------------------------------------------------------------------------|---|--------------------------------------------------------------------------------------------------------|
| plain non-fat yogurt |   | apricot<br>banana<br>fresh sliced cranberries<br>kiwi<br>papaya<br>California raisins<br>starfruit |   | sliced almonds<br>dried apricots<br>granola<br>peanuts<br>chopped prunes<br>sunflower seeds<br>walnuts |

#### Preparation:

1. Put 1 cup of yogurt in a glass.
2. Rinse and chop  $\frac{1}{2}$  cup to 1 cup of your favorite fruits.
3. Top the fruit with  $\frac{1}{4}$  cup of your optional tasty toppings. For an extra special treat, sauté a banana for 2 minutes with  $\frac{1}{2}$  tablespoon sunflower or other flavorless oil. Add 1 teaspoon vanilla and sauté until banana begins to break down, about 5 minutes.

### FRUIT DIP

serves 2

| Mix together                                                                                                    | + | Select fruits                                                 |
|-----------------------------------------------------------------------------------------------------------------|---|---------------------------------------------------------------|
| 1 cup plain non-fat yogurt<br>1 teaspoon honey<br>1 teaspoon vanilla extract<br>$\frac{1}{2}$ teaspoon cinnamon |   | apricot<br>banana<br>kiwi<br>nectarine<br>papaya<br>starfruit |

#### Preparation:

1. Add yogurt to a medium bowl.
2. Mix in honey, vanilla and cinnamon.
3. Wash and chop fruit into bite size pieces.

**Tip** Have the kids help chop the fruit with you ahead of time and store for a quick after-school snack they can make themselves.

## VEGGIE DIP

serves 2

### Mix together

1 cup plain non-fat yogurt  
1 teaspoon lemon juice  
1 tablespoon fresh dill or 1 teaspoon dried dill  
1 green onion, chopped  
pinch of cayenne pepper (optional)  
salt and pepper, to taste



### Select veggies

broccoli spears  
carrots  
snow peas  
string beans

### Preparation:

1. Add yogurt to a medium bowl.
2. Mix in lemon juice, dill, green onion and spices.
3. Wash and chop vegetables into bite size pieces.

**Tip** Use a coffee filter or cheesecloth to drain yogurt first for a thicker dip.



## MEAT & PROTEIN

## CHEF ANN COOPER'S HUMMUS TRADITIONAL MIDDLE EASTERN DIP

serves 4

### Mix together

½ cup extra virgin olive oil  
1 cup dried garbanzo beans  
1 ½ tablespoons lemon juice  
3 cloves garlic  
3 tablespoons tahini  
salt and pepper to taste



### Select veggies

broccoli spears  
carrot sticks  
chopped parsley  
snow peas  
string beans

### Preparation:

1. Bring garbanzo beans to a boil in at least 4 cups of water. Reduce to a simmer and cook until tender. Save some of the cooking liquid.
2. Combine ingredients in blender. Blend until very smooth.
3. If the consistency is too thick, add some saved cooking liquid and blend again until smooth. Top with chopped parsley
4. Wash and chop vegetables.

**Tip** Start with one clove of garlic, and add more to your taste.

# STEP-BY-STEP SOUP



serves 4

## Meat or Beans

1 lb turkey leg or thigh  
**and/or**  
1 lb chicken legs or thighs **and/or**  
1 lb goat leg or shoulder meat, cubed **and/or**  
1 lb cooked or 1 can rinsed and drained beans or lentils

## + Vegetables

1 large onion, chopped  
2 large carrots, chopped  
1 large zucchini, chopped  
½ pound okra, sliced  
1 can low sodium (salt) tomatoes  
1 handful fresh parsley, chopped  
whatever you have and need to use up

## + Whole grains

1 cup brown rice **and/or**  
1 cup barley **and/or**  
1 cup whole wheat pasta

### Preparation:

1. In a large pot over medium-high heat sauté vegetables with 1 tablespoon oil until soft.
2. Add your favorite seasonings to pot. Some suggestions: 1 bay leaf, ½ teaspoon of dried cumin, oregano, rosemary, or thyme, ¼ teaspoon cayenne pepper, and salt and pepper to taste. Stir and cook until you can smell them, less than 5 minutes.
3. Add beans or meat. Brown 3-5 minutes.
4. Add brown rice or barley now, or wait to add pasta later.
5. Add enough water or low sodium (salt) vegetable, beef, or chicken stock to cover ingredients, at least 4 cups.
6. Bring soup to a boil. Reduce heat to low. Partially cover and simmer until the meat or beans are tender (40 minutes to 1 hour for turkey, chicken, or beans, 1 to 1½ hours for goat).
7. Check your soup every 10-15 minutes to make sure there is enough liquid in the pot.
8. Before serving, sprinkle parsley on top and adjust seasoning to taste.

**Tip** Soup gets better with time. Making soup is a great way to use up foods that are in danger of going bad. Make a big batch and freeze or store in an airtight container for later.

# BAKED FISH

serves 8

## Basic ingredients

2 pounds haddock or tilapia fish fillets,  
cut into 8 even-size pieces  
oil  
1 cup whole wheat flour  
½ teaspoon salt  
¼ teaspoon black pepper  
2 large eggs  
¼ cup nonfat milk  
8 slices stale whole wheat bread or 2  
cups whole wheat bread crumbs

## + Tartar sauce (Optional)

juice from 1/2 medium lemon  
1/2 cup low-fat mayonnaise  
1/2 cup plain nonfat yogurt  
3 tablespoons sweet pickle relish  
1/4 teaspoon ground black pepper

## Preparation:

1. Preheat oven to 375°F.
2. To make your own crumbs, tear whole wheat bread into pieces and crush between fingers. Or grind in a food processor, if available. Place crumbs in a medium bowl.
3. In a second medium bowl, mix flour, salt, and black pepper.
4. In a third medium bowl, add eggs and milk. Beat with a fork.
5. Dip each piece of fish into flour and shake off excess. Then dip in egg mixture and then bread crumbs. Each piece should be fully coated with crumbs.
6. Lightly coat baking sheet with oil. Place fish pieces on sheet, evenly spaced. Lightly spray or drizzle oil on top.
7. Bake until fish flakes easily with a fork, about 15–20 minutes.
8. While fish cooks, prepare tartar sauce.
9. Rinse lemon. In a small bowl, squeeze juice. Discard seeds.
10. In a second small bowl, add mayonnaise and yogurt. Whisk with a fork until smooth. Add relish, black pepper, and 2 teaspoons lemon juice. Stir until combined.
11. When fish is cooked, serve immediately with fresh lemon slices or tartar sauce.

**Tip** Leftovers can be refrigerated for about 1 day. Reheat in oven at 350°F for 10–15 minutes. Add to fish tacos, wraps or salad.

# TURKEY CHILI WITH VEGETABLES



serves 6

## Basic ingredients

1 medium onion  
2 medium carrots  
3 cloves garlic  
1 cup cooked or 1 can  
red or white kidney  
beans, no salt added  
1 tablespoon of oil  
1 pound ground turkey  
2 cans diced tomatoes,  
no salt added  
1 cup water



## Seasoning

3 tablespoons chili  
powder  
1 tablespoon ground  
cumin  
3/4 teaspoon salt



## Tasty toppings

1 medium lime  
2/3 cup non-fat plain  
yogurt

## Preparation:

1. Rinse and peel carrots. Peel onion and garlic.
2. Dice onion and carrots. Mince garlic.
3. If using lime, rinse now. Cut into wedges.
4. If using canned beans, drain and rinse beans in a colander.
5. In a large pot over medium-high heat, heat oil. Add turkey and brown.
6. Add onion, carrots, and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
7. Add beans, tomatoes, water, chili powder, and cumin to pot. Season with salt.
8. Lower heat to medium. Cook until all flavors have blended, about 15 minutes.
9. If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. Top each serving with 1 tablespoon yogurt.



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<http://recipefinder.nal.usda.gov> is a  
database of low-cost, healthful recipes  
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Want to brush up on your cooking skills? Visit <http://cookingmatters.org/what-we-do/educational-outreach/> Free cooking classes might be available in your neighborhood.



# SAMPLE SHOPPING LIST

**Weekly budget:** \$35 (One week's meals at \$5 a day.)



## FRUITS

Budget: \$ 6-7

7 pears

7 bananas

12 ounce box raisins

 



## VEGETABLES

Budget: \$ 8-9

1 pound frozen broccoli

1 head cabbage

2 pounds carrots

5 pounds potatoes



## GRAINS

Budget: \$ 5

18 ounces rolled oats

2 pounds brown rice



## PROTEIN

Budget: \$ 6-7

1 pound beans

1 pound ground turkey



## DAIRY

Budget: \$ 5-6

1 gallon non-fat milk

32 ounces plain yogurt



## OILS AND OTHERS

Budget: \$ 2-3

1 head of garlic

## A HEALTHY BUDGET

For every \$25 you can spend on food, experts suggest:

- \$6 for vegetables
- \$5 for fruits
- \$4 for grains
- \$4-5 for proteins
- \$4 for dairy
- \$1-2 for oils and other foods





# SHOPPING LIST

The faster you shop, the less you spend. Nothing forgotten, lots of money saved.

Weekly budget: \$ \_\_\_\_\_



## FRUITS

Budget: \$ \_\_\_\_\_

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## VEGETABLES

Budget: \$ \_\_\_\_\_

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## GRAINS

Budget: \$ \_\_\_\_\_

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## PROTEIN

Budget: \$ \_\_\_\_\_

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## DAIRY

Budget: \$ \_\_\_\_\_

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## OILS AND OTHERS

Budget: \$ \_\_\_\_\_

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# MEAL PLANNER

Save money and time by planning meals for the next couple of days before you shop.

|           | BREAKFAST | LUNCH | SUPPER |  |
|-----------|-----------|-------|--------|--|
| Sunday    |           |       |        |  |
| Monday    |           |       |        |  |
| Tuesday   |           |       |        |  |
| Wednesday |           |       |        |  |
| Thursday  |           |       |        |  |
| Friday    |           |       |        |  |
| Saturday  |           |       |        |  |



FOOD

STORE/DATE/PRICE

STORE/DATE/PRICE

STORE/DATE/PRICE

STORE/DATE/PRICE

Broccoli

Costco 2/5/12  
\$1.53 lb

Kroger's 3/1/12  
\$1.65 lb

Walmart 4/22/12  
\$1.59 lb

Any Market 5/1/12  
\$1.56 lb



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