

Food Facts

Sensible Nutrition for Healthy Families

Be a Smart Shopper

Cooking nutritious meals for your family is much easier if you have healthy ingredients on hand. Grocery shopping today can be a challenge because of the number of choices and the rising cost of food.

Here are a few tips for making smart choices at the grocery store:

- ☐ The more area you cover in the store, the more you spend. Use a shopping list and skip the aisles you don't need to go down.
- ☐ Most of the processed foods are on the interior aisles. Stay on the perimeter of the store as much as possible.
- ☐ The best buys are usually found above or below eye level, so try to always look at bottom and top shelves.
- ☐ Bigger may not always be cheaper. Some manufacturers charge more for larger sizes. Compare items based on unit price (price per ounce or pound).
- ☐ Check "Sell By" dates. Buy the freshest food possible. It will last longer.



Using Coupons Wisely

Using coupons can save you money, but be sure to follow these 3 simple tips:

1. If the coupon is for a more expensive brand, make sure you are saving money by comparing the price of the item after coupon savings with the price of other brands.
2. If you have to drive out of your way to use the coupons, be sure to consider the cost of gas compared to the savings with the coupons.
3. Try to shop on days when the store offers double value on coupons.

For more information or recipes, contact your local county Extension office.

National Brands

Advertising increases consumer awareness and loyalty to a product. That is why companies pay over a million dollars for a few seconds of advertising during the Super Bowl.

The next time you reach for a nationally advertised product, like a soft drink, bag of chips or box of cereal, ask yourself if you are willing to pay the extra cost from advertising. Would the store brand or generic product work just as well for you and your family?

So, do not buy national brands automatically. Be willing to experiment with generic or store brands.

Be Aware of Food Safety

Use care in food handling, cooking, and storage to prevent you and your family from getting sick.

- Always wash hands with soap and water for 20 seconds before and after handling food.
- Wash raw fruits and vegetables before eating.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Thaw foods in the refrigerator for slow thawing or in the microwave if you plan to cook the food right away.
- Place leftovers in shallow containers and immediately freeze or refrigerate.

Chicken & Dumplings

Ingredients:

- 2 $\frac{1}{4}$ cups canned low-sodium chicken broth
- $\frac{1}{4}$ cup water
- 1 medium onion, peeled and chopped
- 4 $\frac{1}{2}$ cups frozen mixed vegetables
- 2 cups cooked, chopped chicken
- 1 teaspoon dried thyme
- 1 $\frac{1}{4}$ cup prepared baking mix
- $\frac{1}{3}$ cup low-fat milk
- 1 egg

Number of Servings: 6

Serving Size: 1 $\frac{1}{2}$ cups

Per Serving: 193 calories, 6g total fat, 2g saturated fat, 16g carbohydrate, 3g fiber, 20g protein, 257mg sodium, 75 mg cholesterol

Instructions:

- In a large pot over medium heat, combine chicken broth, water, onion, vegetables, chicken and thyme.
- Cover and bring to a boil; reduce heat and simmer for 15 minutes.
- Place baking mix in a small bowl. Remove 2 tablespoons and stir into pot.
- Add milk and egg to remaining baking mix and stir with a fork to blend. Drop rounded tablespoons into hot stew. Cook over low heat, uncovered, for 5 minutes.
- Cover and cook for 5 minutes more. Serve while hot.