

More \$ Saving Tips...

Drink water instead of buying sodas or other sugary drinks. Tap water is easy on your wallet and has zero calories. A reusable bottle is a great way to have water with you on the go.

Save time, money and calories by skipping the chip and cookie aisles.

Choose the checkout lane without the candy, especially if you have kids with you.

Use the unit pricing label on the shelf to compare prices of different brands to get the most for your money.



Veggie Chili

Servings: 7

Serving Size: 1 ½ cups

INGREDIENTS

- 2 14.5-ounce cans diced tomatoes
- 1 15-ounce can kidney beans, rinsed and drained
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can water
- 2 cups frozen corn
- 1 large onion, chopped (about 1 ½ cups)
- 3 to 4 teaspoons chili powder
- Black pepper, to taste

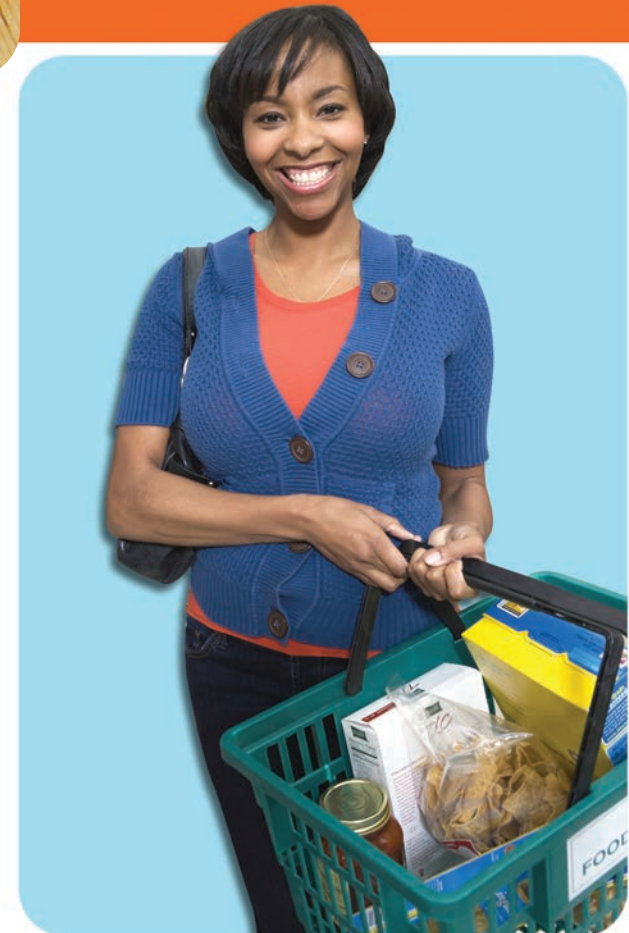
INSTRUCTIONS

1. Put all ingredients in a large pot. Heat to boiling over high heat.
2. Reduce heat and simmer about 20 minutes or until hot, stirring occasionally. If desired, top each serving with a tablespoon of shredded cheese.

Nutrition Information Per Serving: Calories 210, Fat 1.5g, Protein 9g, Carbohydrate 42g, Fiber 11g, Sodium 660mg

Shop Smart TO FILL YOUR CART

TIPS FOR EVERY AISLE



FCS862-PD-2017N

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

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Get the most from your food dollar

Use these tips to fill your cart with budget-friendly and healthy options from each food group.



Fruits and Vegetables

Buy “in season” produce. They are usually less expensive and are at their peak flavor.

Try buying canned. Choose fruit canned in 100% fruit juice and vegetables with “low-sodium” or “no salt added” on the label.

If you have freezer space, buy frozen vegetables without added sauces or butter.

Grains

Make half your grains whole grains. Check the ingredient list on packages, and pick the foods that have a whole grain listed first.

Whole grains include whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats and whole rye.

Rice and pasta are budget-friendly grain options.

Protein Foods

Some great low-cost choices include beans and peas, such as kidney beans, black beans, split peas, and lentils. Use these good sources of protein for main or side dishes.

Choose lean meats like chicken or turkey. When choosing ground beef, make sure it's lean ground beef. Skip processed meats like sausage, hot dogs and bologna. They are high in fat and sodium.

Don't forget about eggs! They are a low-cost option that's easy to prepare.

Dairy Foods

Choose low-fat or fat-free milk. They provide just as much calcium and other nutrients, and have fewer calories than whole and 2% milk.

Buy the larger size of low-fat yogurt instead of individual flavored yogurts. Then add your own flavors by mixing in fruits.

Always check the sell by date to make sure you're buying the freshest dairy products.

