

shop. cook. eat.

WITHIN YOUR BUDGET

October-December

Issue12

A Helping Hand ●●●●●●●●●●●●●●●●

If you are in need of food assistance, check out some of these helpful tips and resources.

●●●●● Simple Tips ●●●●● within your budget

SHOP	COOK	EAT
<p>Spend some time exploring the produce section. Look for produce that's in season or on sale to save some money.</p> 	<p>Double the recipe. Making twice as much doesn't usually take twice the time. Make a double batch and save one for another meal, especially if it's a family favorite.</p> 	<p>Half now, half later. Portion size too big? Try saving half of your food for another meal.</p> 

Adapted from: www.heart.org

What help can I get Where I Live?



If you have a mobile device, Text **FOOD** to **877877**. Give your address, and they will text message you a list of food distribution sites near you.

Need food help today?
Call **1-866-348-6479** (1-866-3-HUNGRY). This is the National Hunger Hotline. The hotline staff can help you find food near where you live. It's a free call. You can call Monday to Friday, 9:00 a.m. to 5:00p.m., and Saturdays 10:00 a.m. to 2:00 p.m.



If you need help during other hours, visit www.WhyHunger.org/nhc. Click on Resources and choose Resource Directory from the drop-down menu. Then scroll down and click on Get Help.

Need more information on how to get food help? Click [here](#).

For more resources, tips, and recipes,
FOLLOW US!



TIPS FOR GROCERY SHOPPING

DURING COVID-19

Prepare a shopping list in advance. Buy just 1 to 2 weeks-worth of groceries at a time.



Don't bring reusable bags as they may bring in germs



Stay at least 6 feet away from people at all times



Carry your own wipes, or use one provided by the store to wipe down the handles of the shopping cart or basket.



Go alone if you can and always wear a mask



Keep your hands away from your face. Wash your hands with warm water and soap when you return home and again after you put away your groceries.



Adapted from: fda.gov



Looking for a Healthy Snack?

CHECK THIS RECIPE OUT!





HOMEMADE GRANOLA

Serves 9, 1/3 cup per serving

Ingredients

- 4 Tablespoons honey
- 2 Tablespoons canola oil
- ½ teaspoon ground cinnamon
- 2 cups old-fashioned rolled oats
- 4 Tablespoons sliced or chopped almonds
- Non-stick cooking spray
- ½ cup dried fruit (raisins, cranberries, apricots, dates, or prunes)

Materials

Baking sheet
Fork
Large bowl
Measuring cups
Measuring spoons
Medium bowl

Notes

- Make large batches.
- Granola can be stored at room temperature or in the refrigerator for up to 3 weeks.
- Add milk to granola and eat like cereal.
- Use it to top a fruit salad or nonfat plain yogurt.
- Or, pack single servings in a zip-top plastic bag. Eat on its own for a tasty afternoon snack.

Directions

1. Clean kitchen surfaces before, during, and immediately after use when preparing food.
2. Wash hands for 20 seconds with soap and water.
3. Preheat oven to 350°F.
4. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
5. Add oats and almonds. Stir until well-coated with honey mixture.
6. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
7. Bake until lightly browned, about 10–15 minutes.
8. Stir every 5 minutes to cook evenly.
9. Watch closely to be sure granola does not burn. Remove from oven. Let cool completely.
10. Transfer cooled granola to a medium bowl. Stir in dried fruit.

Recipe: www.cookingmatters.org



shop. cook. eat.
WITHIN YOUR BUDGET

Follow @TSUSNAPED on Twitter & Facebook for more tips, recipes, activities and resources.

This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP, and under an agreement with the State of TN. "Tennessee State University is an AA/EEO employer."

Trying to figure 'What's for Dinner'?

GIVE THIS RECIPE A TRY!





BLACK BEAN & VEGETABLE SOUP

Serves 8, 1 ¼ cups per serving

Ingredients

- 4 cloves garlic
- 1 medium onion
- 2 medium carrots
- 2 medium celery stalks
- 1 medium apple
- 2 (15-oz) cans black beans, no salt added
- 1 (14 ½-oz) can crushed tomatoes, no salt added
- 1 Tablespoon canola oil
- 2 Tablespoons chili powder
- 4 teaspoons ground cumin
- 4 cups low-sodium vegetable broth
- 1 (8 ¾-oz) can whole kernel corn or 1 cup thawed frozen corn
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- Optional Ingredients:
 - 1/3 cup fresh cilantro leaves

Materials

Can opener	Measuring cups
Colander	Measuring spoons
Cutting board	Medium bowl
Fork	Mixing spoon
Large pot	Sharp knife
	Vegetable peeler

Notes

- Leftover soup keeps for up to 3 days in the refrigerator or 1 month in the freezer.
- If you have a blender, use it to puree the tomatoes and beans in Step 4. This will give the soup a smoother feel.

Directions

1. Clean kitchen surfaces before, during, and immediately after use when preparing food.
2. Wash hands for 20 seconds with soap and water.
3. Peel and mince garlic.
4. Rinse, peel and chop onion.
5. Rinse carrots, celery, and apple. Peel and chop carrots. Chop celery and apple.
6. If using, rinse and mince cilantro.
7. Using a colander, rinse and drain black beans. In a medium bowl, add half the black beans, reserving the rest for later. Add tomatoes to the bowl. Mash together with a fork.
8. In a large pot over medium heat, heat oil. Add garlic, onion, carrots, and celery. Cook, stirring occasionally, until onion is softened, about 5 minutes.
9. Add chili powder and cumin. Cook, stirring, for 1 minute. Add chopped apple, mashed bean and tomato mixture, remaining beans, broth, and corn. Bring to boil. Reduce heat and simmer until vegetables are tender, 10-15 minutes more.
10. Stir in salt and pepper. If using, stir in cilantro now.
11. Refrigerate any leftovers in a sealed container for no more than 2 days.

Recipe: www.cookingmatters.org



shop. cook. eat.
WITHIN YOUR BUDGET

This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP, and under an agreement with the State of TN. *Tennessee State University is an AA/EEO employer.*

Want to have fun learning **NEW** handy kitchen tips?

COME COOK ALONG with US!

JOIN **COOKING MATTERS® at home**

This five part lesson series is full of games, kitchen takeaways, and easy recipes you and your family can make at home together!

Contact your local County agent Today!

Tennessee State University Community Nutrition Education | **shop. cook. eat.** WITHIN YOUR BUDGET | **COOKING MATTERS**

Wondering if your leftovers are still good?
There's An App for That!

FOODKEEPER

This free application helps you understand food and beverages storage. It will help you make the most of the freshness and quality of your grocery items. By doing so, you will be able to keep items fresh longer and it can remind you to use items before they are likely to spoil.

DOWNLOAD THE APP TODAY!

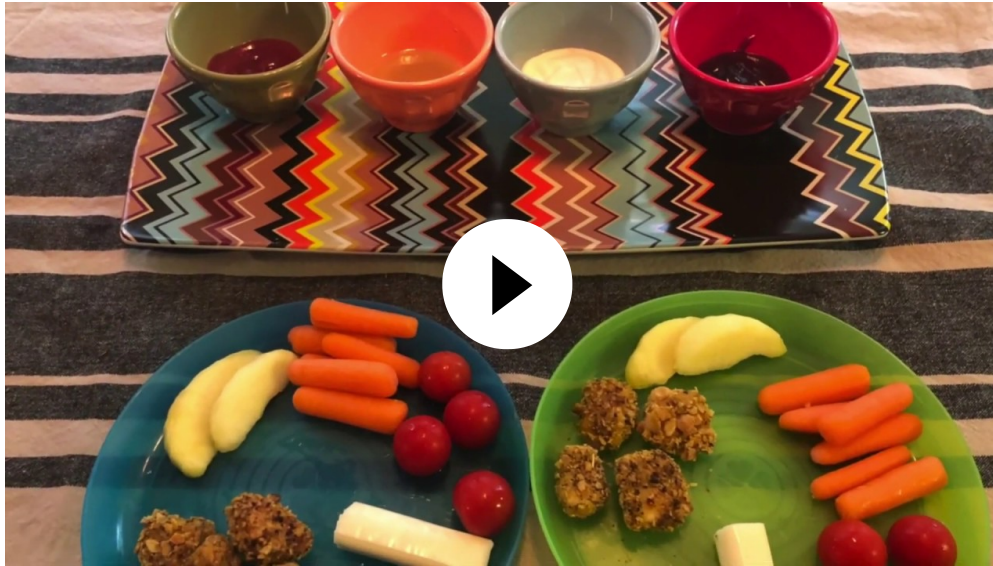
App Store

Google Play



HEY

Check out this easy recipe your family is sure to love!



Want to Learn How to **Stretch** Your Food Dollar?



Easy, SIGN UP! We will show you how to shop, cook, and eat within your budget.

Contact your local Tennessee State University Community Nutrition Educator to help you get started Today!

SIGN UP

TSU Community Nutrition Education Program County Staff

Davidson County

Latasha Holloway
lhollow1@tnstate.edu
615-963-5547

Cheryl Johnson
cjohn116@tnstate.edu
615-963-5539

Lauderdale County

Stacy Manley
smanley@tnstate.edu
731-635-9551

Hamilton County

Janice Hartman
jhartma1@tnstate.edu
423-855-6113

Madison County

Ashley Hillsman
ahillsma@tnstate.edu
731-668-8543

Rutherford County

Tiffany Schmidt
tschmidt@tnstate.edu
615-898-7710

Brittany Satinover
bsatinov@tnstate.edu
615-898-0231

Stewart County

Sharon Shope
sshope@tnstate.edu
513-225-3530

Shelby County

Ebony Lott
elott1@tnstate.edu
901-752-1207

Benneka Brooks
bbrook13@tnstate.edu
901-752-1207

Tipton County

Jaqueline Lemons
jlemons@tnstate.edu
901-476-0231



TSU-21-008(B)-16e-17090-This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP, and under an agreement with the State of TN. Tennessee State University is an AA/EEO employer.

