

## New Year, New Food

The start of a new year is a great time to set some better eating goals by cooking for yourself. Taking time to plan healthy meals can help your wallet. If you're new to planning meals, start with one of the tips below and then work up to more.

### Make a shopping list

Start by writing down all of the ingredients for the meals you plan to make. Just be sure to cross off items you already have on hand.

### Map out your meals

Write down your meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks, too! To help you, see sample meal planner on page 8.

### Keep your plate colorful

If you have veggies, dairy and protein at one meal, include fruit and grains in the next to cover all 5 food groups over the course of a day.

### Vary protein foods

Choose different protein foods throughout the week. If you have chicken one day, try seafood, beans, lean meat or eggs on other days.

### Love your leftovers

Prepare enough of a dish to eat multiple times during the week. Making leftovers part of your plan can save money and time.

adapted from: [www.eatgathergo.org/eat/planning/meal-planning-tips/](http://www.eatgathergo.org/eat/planning/meal-planning-tips/)



For a sample meal plan, look inside! →

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TENNESSEE  
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Supplemental  
Nutrition Assistance  
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Healthy Food. Healthy Moves. Healthy YOU.



## JANUARY VEGETABLE DIP



2 containers (5.3 ounces)  
plain Greek Yogurt  
1 green onion, thinly sliced  
2 teaspoons dried parsley  
flakes  
1/2 teaspoon salt  
1/4 teaspoon ground black  
pepper  
1/4 teaspoon garlic powder

### What To Do:

1. Stir all ingredients together.
2. Store in an airtight container in the refrigerator overnight. Serve with washed and prepared fresh vegetables.

**TIP-** Use as a spread for a sandwich or wrap.

## SNAP{Ed} SNAP-Educators In Action



Would you like to be featured in our "SNAP{Ed}-SNAP-Educators in Action" section? Post your picture and add #tsusnaped. If we like your picture, you just might see it in next quarter's newsletter! So get your cameras and phones out to start SNAPping away!

GREAT JOB EDUCATORS! KEEP UP THE GOOD WORK!



**February**

# CHEESY CHICKEN CASSEROLE



- 1 tablespoon oil (canola, olive, or vegetable)
- 1 cup onion, diced (1 medium onion)
- 1 clove garlic, minced
- 1 1/2 cups reduced sodium chicken broth
- 1 cup instant brown rice, uncooked
- 2 cups frozen vegetables (broccoli, carrots, corn, mixed vegetables, peas)
- 2 cups cooked chicken (shredded or cut up)
- 3/4 cup cheddar cheese, shredded

## What To Do:

1. Heat oil in a skillet over medium heat. Add onion and garlic. Cook for 2 minutes.
2. Add chicken broth. Heat to boiling. Stir in rice and frozen vegetables.
3. Reduce heat to low. Cover and cook for 10 minutes.
4. Add chicken and cheese. Stir constantly until chicken is heated through and cheese is melted.

**TIP-** Use leftover chicken or turkey. Or cook your favorite way (bake, broil, or grill). Leftovers can be stored in the refrigerator for up to four days.

## SNAP-Educators Suggest...



### SHOP: Within Your Budget

*Buy food that is in season!*

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.



### COOK: Within Your Budget

*Cook once.....eat all week!*

Prepare a large batch of favorite recipes on your day off and double or triple the recipe. Freeze in individual containers. Use them throughout the week, and you won't have to spend money on take-out meals.



### EAT: Within Your Budget

*Get your creative juices flowing!*

Spice up your leftovers — use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!



# March FOUR LAYER SUPPER



- 1 pound lean ground beef
- 1 medium onion, diced (about 1 cup)
- 4 cups potatoes (sweet or white), cubed
- 1 can (14.5 ounces) green beans (drained and rinsed)
- 3/4 cup cheese (cubed or shredded)
- 1/4 cup nonfat milk

## What To Do:

1. Preheat oven to 400 degrees F. Spray a baking dish with nonstick cooking spray.
2. Cook ground beef and onion in a skillet over medium high heat until cooked through.
3. Place potatoes in the baking dish. Put the green beans on top of the potatoes.
4. Spread the ground beef and onions on top of the potatoes and green beans.
5. Spread the cheese over the ground beef mixture. Pour the milk over the top.
6. With foil and bake for 1 hour or until potatoes are tender.

**TIP-** To reduce cooking time, prick the potatoes with a fork and microwave for 5 minutes before cutting up. This will reduce the baking time by 15 to 20 minutes.

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## Shop within your Budget

Get the most for your food budget without hurting your wallet! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars. Here are our top tips to help you SHOP, COOK, and EAT within your Budget.



### Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



### Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood — often the most expensive items on your list.



### Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.



### Stock up.

Buy extra canned and frozen goods, cereals and even meats and fish when they're on sale. Wrap meats in a freezer bag before freezing. Limit the use of pre-packaged foods, chips, cookies, candy, and soft drinks or sugary beverages

adapted from: <https://www.eatright.org>



### Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own — and save!



### Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



### Make half your plate veggies and fruits

Vegetables and fruits are filling and help promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, broccoli, and leafy greens!



### Eat: Start with small changes!

Create an eating style that can improve your health now and in the future by making small changes over time. Consider changes that reflect your personal preferences, culture, and traditions. Think of each change as a “win” as you build positive habits and find solutions that reflect your healthy eating style. Each change is a MyWin that can help you build your healthy eating style.

adapted from: [www.choosemyplate.gov](http://www.choosemyplate.gov)



## Want To Make Smarter Choices At The Grocery Store?

Learn more by visiting [spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu).

**JOIN US**



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## Let's Get Moving!

### Track Your Activity.

Write down the amounts of time you are physically active in the corner boxes of the calendar. Add up your totals and see how you do at the end of each month.

### Make Physical Activity A Regular Part Of Your Day.

Choose activities that you enjoy. Keep it interesting by trying something different on alternate days. Be active most days of the week by making activity part of your daily routine.

### Increase Physical Activity At Home

Movement is a very important part of everyday life. Moving allows you to take charge of your health. You will be on your way to living better and feeling better. There are benefits to being active at home. It's cheaper so you save money. It's also convenient, no packing a bag or driving. And you can do a variety of different activities. It's a great way to show your family that being active is important. Here are a few tips to help you start moving!

- Join a walking group in the neighborhood.
- Get the whole family involved.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the kids.



# Weekly Meal Plan

Week of:

## Monday > Tuesday

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Proteins

Vegetables

Grains

Dairy

Fruit

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## Wednesday > Thursday

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Proteins

Vegetables

Grains

Dairy

Fruit

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## Friday > Saturday

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Proteins

Vegetables

Grains

Dairy

Fruit

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## Sunday

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Proteins

Vegetables

Grains

Dairy

Fruit

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Household items