

# WHATS NEW IN NUTRITION? February 2005

Wisconsin Nutrition Education Program (WNEP)



Julie Yezek, Educator  
7410 County Road K, # 107  
Siren, WI 54872 715-349-2151

## The Bargain Queen

??

**Saving money at the grocery store can be a challenge.**

It can also be fun!

It feels good to save money.

**Here are some ideas to get you started:**

**\$ Plan, plan and plan!** Check the ads in your local newspaper to see what is on sale. Plan meals for the week. Plan healthy snacks for the week.

**\$ Check your refrigerator and cupboard before going to the store.** Plan meals using the foods that you have. Don't throw away what you could use. **The most expensive food we buy is the food we throw away.**

**\$ Collect low cost recipes.** Get a notebook and write down your favorite recipes. **Include your simple meal ideas.** You may not forget how to make these meals, but you could forget to make them.

**\$ Cozy up to your kitchen.** Eat meals at home more often. More than half of our food dollars are spent on food eaten away from home. **You can save a lot of money by cooking at home.**

**\$ Shop with your list!** Make a list and stick to it. Grocery stores want you to buy foods on impulse. Your shopping list will keep you on track and within your budget.

**\$ Shop around.** Check out the specials at different grocery stores. Remember the price of gas – don't drive long distances to a store if the savings are not worth it.

**\$ Avoid habit buying!** You may be missing some bargains if you always buy the same items at the grocery store. Look at all the shelves. There may be new products that are cheaper.

**\$ Try store brands of your favorite foods.** Store brands are an easy way to save money. They usually cost less than name brands and taste as good.

**\$ Buy food at the grocery store.** Check the prices at your local stores. Cleaning products and paper products may be cheaper at stores other than the grocery store.

## Save with Unit Pricing!



**Unit pricing will tell you how much the food costs per unit (ounce, pound, etc.)**

These labels are posted by each food item in your grocery store.

Frozen broccoli, cauliflower and carrots

\$1.83 for 16 ounce bag

Unit price - \$.11 per ounce

Frozen broccoli

\$.83 for 8 ounce bag

Unit price - \$.10 per ounce

Frozen broccoli

\$1.37 for 16 ounce bag

Unit price - \$.08 per ounce

### Compare and buy the best deal!

You can save a lot of money when you read the unit pricing!



### Shop with a calculator!

*Pack a small calculator in your purse.*

*For example, if 4 cans of green beans are on sale for \$3.00, the cost is 75¢ per can.*

*Another brand of green beans may be 69¢ per can.*

*You will be able to compare prices quickly.*

## Frozen Veggie Bargains



Frozen vegetables are a great buy! **When fresh vegetables are out of season and cost too much, use frozen vegetables.** Frozen vegetables can even have more nutrition than fresh vegetables. They are picked when fully ripe and quickly frozen to preserve their nutrition and flavor.

**You can save money by reducing waste when using frozen vegetables.** Open a bag and use only what you need. Close the bag tightly and return to the freezer as soon as possible. Remember - the most expensive food you buy is the food that you throw away!

**Frozen vegetables can add variety to your meals.** Tired of opening cans of corn or green beans for your family?

### Try a new blend of vegetables for dinner:

- ☞ Broccoli, cauliflower and carrots
- ☞ Broccoli, green beans, onions and red peppers
- ☞ Cauliflower, broccoli and red peppers
- ☞ Brussel sprouts, cauliflower and carrots
- ☞ Carrots, peas, corn, green beans and lima beans
- ☞ Zucchini, cauliflower, green beans, lima beans and carrots

**Heat 1 tablespoon olive oil in a large skillet.**

**Stir fry your favorite veggie blend for a few minutes and season with:**

- ☞ **Dash of soy sauce and garlic powder.**
- ☞ **Shredded cheddar or parmesan cheese**
- ☞ **Low fat Italian or Ranch salad dressing.**