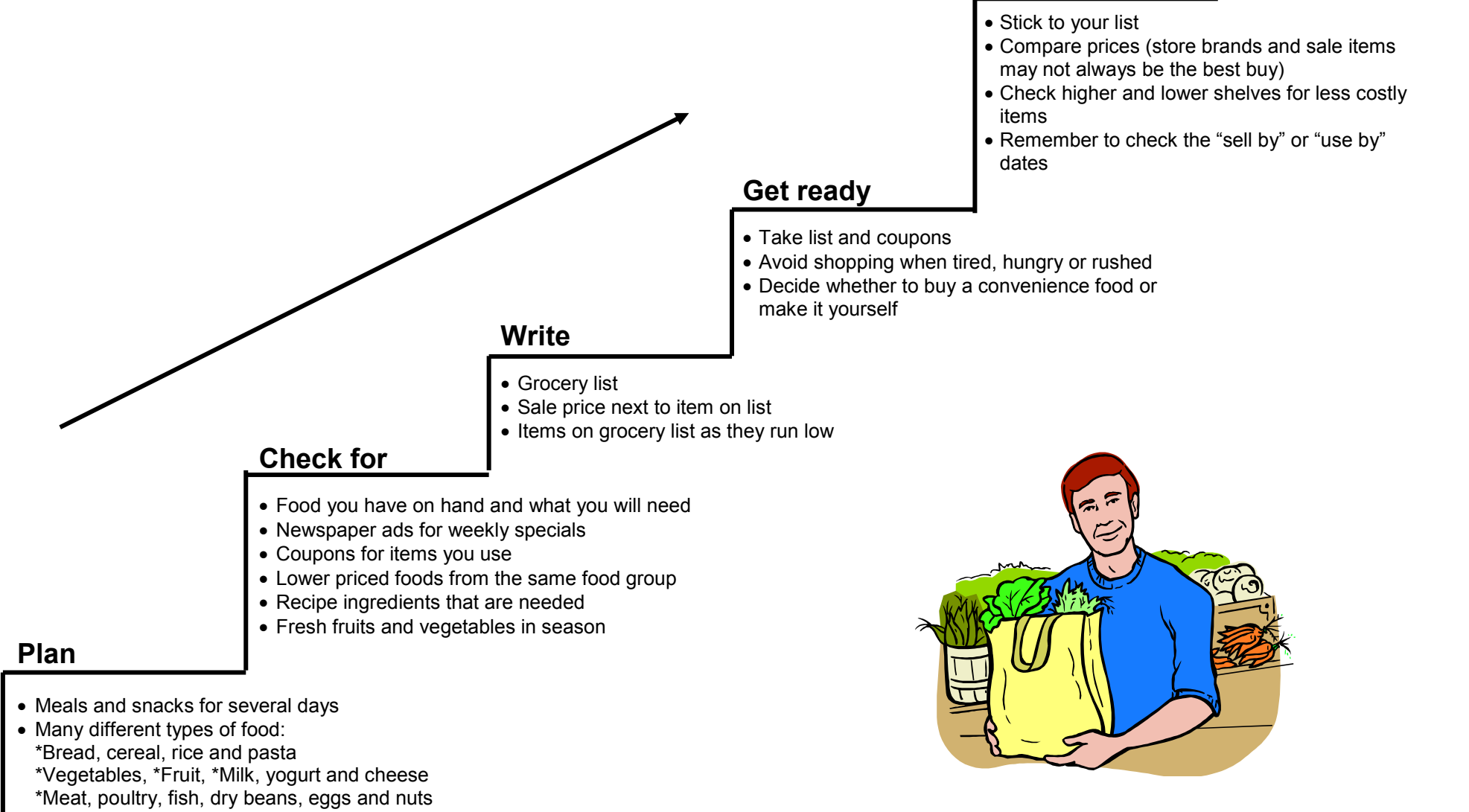




# Climb These Steps To Get The Most For Your Food Dollar



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**Menu Idea**

**Meat "Helper" – Home Style  
Carrot Sticks  
Pineapple Rings  
Lowfat Milk**

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### **Meat "Helper" – Home Style**

Makes 5 servings  
346 calories and 17 grams of fat per serving

¾ pound ground beef or turkey	1 cup noodles, dry
1 Tablespoon chopped onion	¾ cup water
½ teaspoon salt	½ cup shredded Colby or
¼ teaspoon pepper	Cheddar cheese or 1/3 cup
½ cup chopped celery (optional)	grated Parmesan cheese
1½ teaspoon brown sugar	
1 can (8 ounces) tomato sauce or 1 cup canned tomatoes, chopped	

Brown ground meat and onion in a large skillet. Drain fat. Add salt, pepper, celery, brown sugar, tomato sauce or chopped tomatoes, noodles and water to the ground meat and onions. Stir. Bring to a boil, then cover.

Reduce heat to low and cook for 15 to 20 minutes, until noodles are tender. Stir once or twice. Sprinkle the shredded cheese over all. Simmer 10 minutes, until cheese is melted. Serve.



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**Menu Idea**

**Meal in a Box  
Lettuce Salad  
Orange Slices  
Lowfat Milk**

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### **Tuna Meal in a Box**

Makes 5 servings  
231 calories and 13 grams of fat per serving

1 box macaroni and cheese	½ can (8 ounces) peas or
1 can (6½ ounces) tuna, drained	mixed vegetables (or ½ cup
	leftover vegetables)

Make macaroni and cheese as directed on box. Add tuna and vegetables to macaroni and cheese; warm and serve.

#### **OPTION:**

### **Hamburger Meal in a Box**

Makes 5 servings  
288 calories and 20 grams of fat per serving

1 box macaroni and cheese	½ can (8 ounces) peas or
½ pound ground hamburger	mixed vegetables (or ½ cup
	leftover vegetables)

Make macaroni and cheese as directed on box. Thoroughly brown meat in pan. Drain off excess fat. Add cooked hamburger and vegetables to macaroni and cheese; warm and serve.

## Money Saving Tips

### Milk and Dairy Products

Buy the largest container of milk you can use by the date printed on the container.

Save money by buying a block of cheese and slicing or grating it yourself.

### Breads, Cereals, Rice and Pasta

Buy day-old bread or rolls – use them quickly, freeze them, or use them in recipes.

Buy unsweetened cereals. Adding a little sugar yourself costs less than buying sweetened cereal.

Store brands may cost less than national brands.

Plain pasta shapes like macaroni are cheaper than fancy shapes.

Brown rice, regular white rice and converted rice cost less than instant rice.

### Fruits and Vegetables

Choose store brands of canned fruits and vegetables to get good quality at a lower price.

Buy plain frozen vegetables instead of ones with special sauces or seasonings.

Buy fresh fruits and vegetables in season from grocery stores or farmers' markets.

## Money Saving Tips

### Meats, Dry Beans and Peas

Cut up your own meat. Buy a boneless chuck roast to cut up for soup, stew and stir-fry. Whole chicken usually costs less than pieces, and you can cut it yourself.

Watch for special prices on meat, fish and chicken. Plan meals to use the meat you can buy at a good price.

Cut down on the amount of luncheon meat and sausages you buy. Pick store brands to save money.

Buy dried beans, peas and lentils to make hearty, low-cost soups and casseroles.

### Desserts and Snacks

Fix simple and nutritious desserts and snacks from fruits you buy in season.

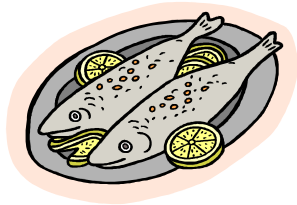
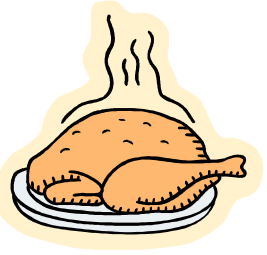
Buy fewer snacks and desserts that are high in sugar and fat, and cost a lot of money.

Bake cookies from recipes instead of buying mixes or ready-made cookies.

### Non-food Items

Buy paper products, tooth paste, soaps and shampoo at a discount store, if prices are less than at the grocery store.

## Make your own meat coating mixes



These coating mixes can be used to coat chicken, fish or pork. To use the mix:

- 1) Dip the meat in beaten egg or water to help the coating stick;
- 2) Dip in coating mix;
- 3) Put the coated pieces on a non-stick baking pan (or one that has been well-oiled or sprayed with a non-stick coating). To reduce calories, remove skin from chicken before coating it;

4) Cook as follows:

**Chicken** -- 375° oven for 1 hour, or until well done and golden brown.

**Pork chops** -- 350° oven for 1 hour. Increase the baking time for chops thicker than 1".

**Fish** -- 400° oven for 30 to 35 minutes, or until fish flakes easily with a fork.

## Skinny Shake Mix

4 cups dry bread crumbs, cereal crumbs or cracker crumbs	1 Tbsp. celery salt 1 tsp. salt 1 ½ tsp. ground basil
½ cup vegetable oil 1 Tbsp. paprika	1 ½ tsp. garlic powder 1 tsp. black pepper

Mix all ingredients together until well mixed. Use ½ to 1 cup for a 1 lb. chicken. Throw away mix that was used to coat the chicken. Store any leftover mix in a tightly closed jar for 3-4 weeks. To cook, see directions on opposite page.

## Extra Crunchy Chicken Coating

Add ¼ teaspoon garlic powder to ½ cup water. Dip chicken pieces in the garlic water. Then roll the chicken in instant potato flakes or buds. Sprinkle well with seasoned salt (or salt-free seasoning mix). To cook, see directions on opposite page.

## Crisp Coating Mix

4 to 5 cups cornflake crumbs (one 18-oz. box cornflakes* or one 21-oz. box cornflake crumbs)	1 Tbsp. paprika 1 tsp. celery salt 1 tsp. onion salt 1 tsp. dry mustard
4 tsp. parsley flakes	¼ tsp. black pepper

\*save money by buying a generic or store brand

Store leftover mix in a tightly closed container for 2-3 months. To cook, see directions on opposite page.