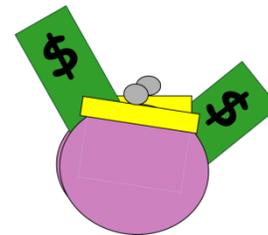


The Bargain Queen

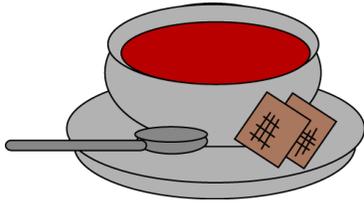
Saving money at the grocery store can be a challenge. It can also be fun!
It feels good to save money.

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 just as good.
- \$ Buy food at the grocery store.** Cleaning products and paper products may be cheaper at stores other than the grocery store.
- \$ Shop when you have time.** Do your major grocery shopping on early Saturday or Sunday mornings. The store will be well stocked and not crowded.
- \$ Look at the top and bottom shelves in the grocery store.** Store brands and the best buys are often placed away from your eye level.
- \$ Look at the displays near the front of the store.** There may be sale items for the week.
- \$ Buy weekly sale items if you will use them, even if they are not on your list.** Change your meal plan for the week, or plan next week's meals using the sale items.



Beef Noodle Soup

1/2 cup finely chopped onion
 1/2 cup finely chopped celery
 2 carrots - peeled and finely chopped
 1 tablespoon vegetable oil
 2 tablespoons flour

2 (14.5 ounce) cans beef broth - reduced sodium
 2 cups water
 1 teaspoon dried Italian herbs
 1/2 pound lean ground beef
 3/4 cup alphabet pasta

- 1** Heat oil in a skillet. Add vegetables to the skillet. Stir and cook for 2 minutes.
- 2** Sprinkle flour over cooked vegetables. Stir until vegetables are coated with flour. Put cooked vegetables, beef broth and water in a large saucepan.
- 3** Cook ground beef in a skillet until meat is browned, about 5 minutes. Pour off any fat and pat dry with paper towel if needed. Add cooked meat and Italian herbs to the soup.
- 4** Bring soup to a boil. Add uncooked pasta and cook for 2 minutes. Lower the heat to simmer and cook for 10 more minutes.

Try something new - Use your favorite frozen vegetables in this soup.



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.

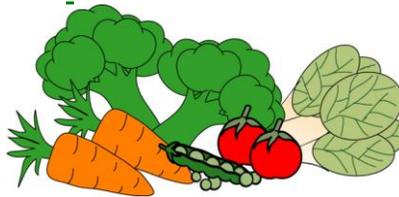
Tired of opening cans of corn or green beans for your family?

Try a new blend of vegetables for dinner:

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

Heat 1 tablespoon olive oil in a large skillet.

Stir fry your favorite veggie blend for a few minutes.



What can you do?

- Plan meals and snacks for my family each week.
- Cook a variety of frozen vegetables at mealtimes.
- Shop for groceries with a list.
- Other: _____