

Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION

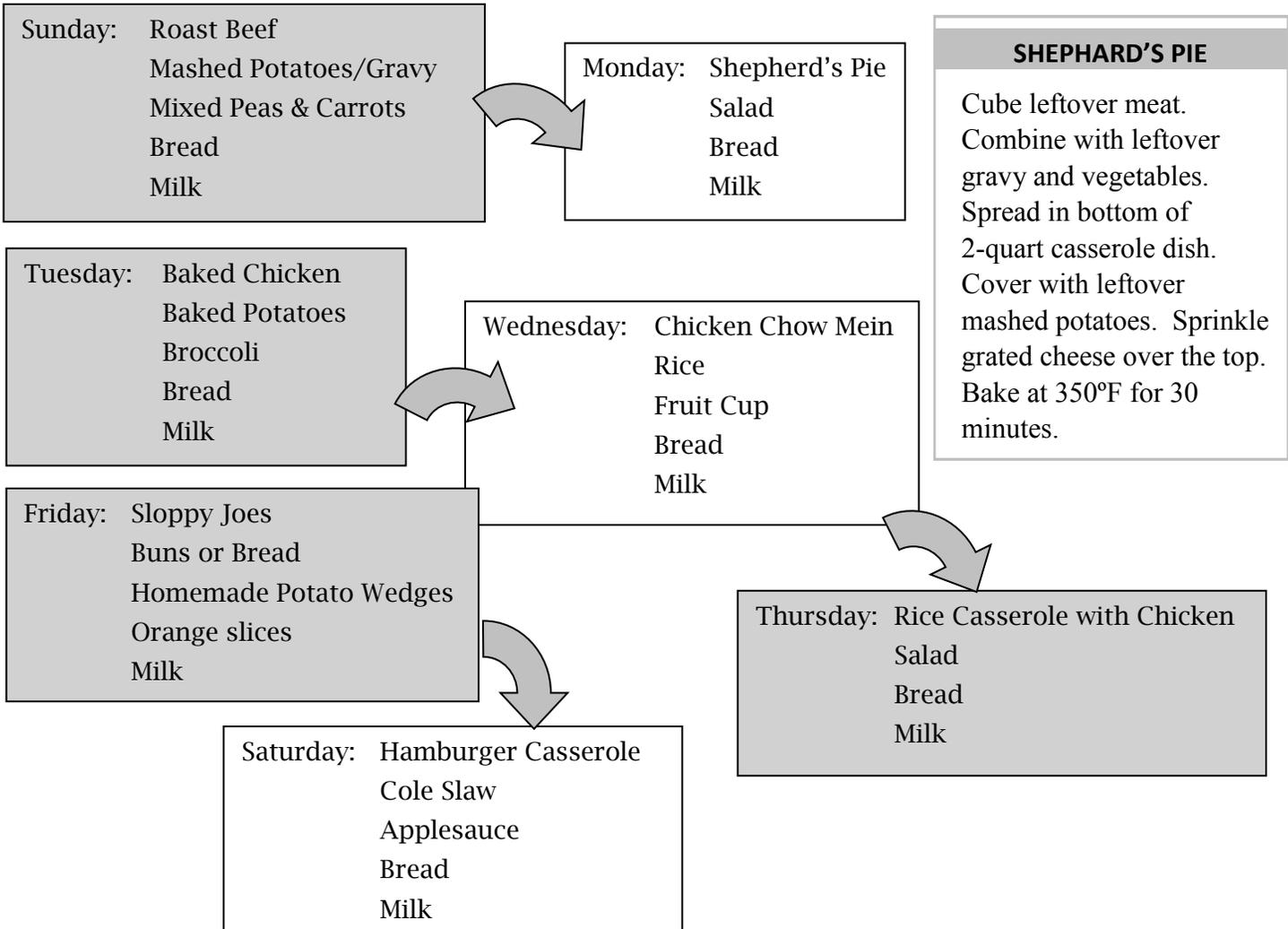


Meal Planning Tips

February 2016

Here are some suggestions to help you get organized:

- Plan your menus! Sit down on Sunday and determine what you'll have for the upcoming week. Planning ahead allows you to make only one trip to the grocery store each week, saving you money because you buy fewer impulse items.
- If you plan your menus carefully, you can stretch one meal into several different meals. See menu plan below.
- Remember the "cook ahead" method. Many foods can be prepared in double batches like meat and poultry, dried beans, rice, waffles, pancakes, muffins and quick breads.
- Extra portions can be refrigerated or frozen to make your own TV dinners.





EASY SLOPPY JOES

1 pound lean ground beef	1 teaspoon prepared yellow mustard
1/4 cup chopped onion	
1/4 cup chopped green bell pepper	3/4 cup ketchup
	1 T brown sugar
1/2 teaspoon garlic powder	Ground black pepper to taste

In a medium skillet over medium heat, brown the ground beef, onion, and green pepper; drain off liquids.

Stir in the garlic powder, mustard, ketchup, and brown sugar; mix thoroughly. Reduce heat, and simmer for 15 minutes. Season with pepper to taste.

Serves: 8; Cal 141 Fat 4; Carbs 8; Sodium 306; Protein 17

INSTEAD OF THE TRADITIONAL WHITE BUN FOR THE SLOPPY JOE, TRY:

- Whole grain bun
- Pita bread
- Whole grain tortilla
- Toasted bread
- Top a baked potato
- Put on top of leftover rice or pasta

USDA Information Statements

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 1-800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 1-866-632-9992.

Submit your completed form or letter to USDA by: **Mail:** U.S. Department of Agriculture; Office of the Assistant Secretary for Civil Rights; 1400 Independence Avenue, SW; Washington, D.C. 20250-9410. **Fax:** 202-690-7442.

Email: program.intake@usda.gov

This institution is an equal opportunity provider.

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at 1-800-221-5689, which is also in Spanish or call the MN Food HelpLine at 1-888-711-1151.

This resource was funded in part by USDA's Supplemental Nutrition Program - SNAP. SNAP provides nutrition assistance to people with low income.



For more health and nutrition information visit our website:
<http://www.extension.umn.edu/family/health-and-nutrition/>