

Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



UNIVERSITY OF MINNESOTA | EXTENSION



Waste less, Save more

May 2016

The average American family throws away \$2,000 worth of food every year.

BUY WHAT YOUR FAMILY NEEDS AND EAT WHAT YOU BUY!

Start at home

- Look in your freezer, refrigerator and cupboard. Plan meals for the week using the foods that you have at home.

Make a List

- Think about what your family is going to eat during the week. Take the list with you to the grocery store. You will be less likely to buy foods that you don't need.

Shop Smart

- Read the labels and choose foods that have a longer shelf life. Buy food in the size you need.

If your family eats a small amount of breakfast cereal, buy the small box.

Fresh Every Week

- Buy only the amount of fresh fruits, vegetables, bread and meat your family will eat in one week. If you buy more than will be used before the expiration date, freeze it! The freezer can be your best friend in saving food and saving money.

Limit Buying in Bulk

- Buy only the amount of food that you know your family will eat. It's not a good price if you end up throwing half of it away in the garbage.



Food Makeovers

Don't throw away food. Use it to create a new meal or snack.

- Bread - make French toast, croutons or bread pudding. Serve toast sprinkled with garlic powder at dinner.
- Cooked Pasta - add to a casserole or soup.
- Bananas - top cereal with sliced bananas. Freeze and use for smoothies. Make banana bread or muffins.
- Vegetables - add veggies to a soup, stew or casserole. Make a salad.
- Milk - make a smoothie, hot chocolate, pudding or soup.
- Eggs - make deviled eggs, egg salad sandwiches, omelet or fried egg sandwich.
- Beans - add cooked beans to soups, chili or stew. Mash cooked beans to make a dip.

Freeze leftover vegetables and meats to use for soups, casseroles and stir-fries later.

FAST & EASY WRAP

2 tortillas

1 cup chopped leftover vegetables—tomatoes, onions, cucumbers, lettuce, broccoli

1 cup cooked leftover meat—ground beef or turkey, roast beef, pork or chicken

Low fat Ranch salad dressing or Mustard

Layer meat and vegetables in middle of tortilla. Add mustard or salad dressing. Roll up and eat!

SHEPHERD'S PIE

2 potatoes, large with skin, diced
1/3 cup milk, skim
1/2 pound ground turkey, 85% lean
2 Tablespoons flour

1 package frozen mixed vegetables (10 ounces) or
2-3 cups leftover vegetables
1 can vegetable stock, low sodium
Shredded cheese (optional)

- Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer (about 15 minutes).
- Drain potatoes and mash. Stir in milk and set aside.
- Preheat oven to 375 ° F.
- Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
- Add vegetables and broth. Bring to a slow boil.
- Spoon vegetable/meat mixture into an 8-inch square baking dish. Spread potatoes over mixture. Bake 25 minutes.
- Serve hot. Garnish with shredded cheese (optional).

Serves 6. cal 212; sod 93mg; fat 5g; carb 31g



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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/>