

SENIOR NUTRITION NEWS

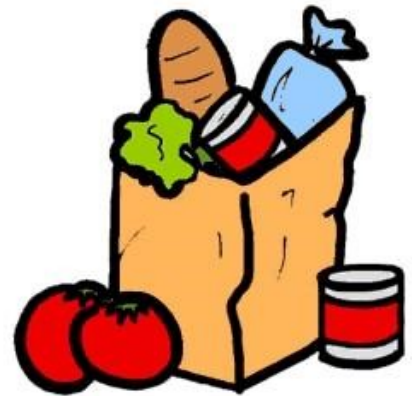
Eat Smart Idaho

April 2021

Grocery Shopping Tips: Save Money, Plan Ahead

There are many ways to save money on food while still allowing for nutrient packed meals. See the tips below on how you can make this happen:

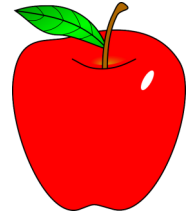
- Keep a grocery list throughout the week. As items run out, place them on the list. Be sure to plan for fruits and veggies at meals and snacks.
- Plan meals for the week based on your schedule for the upcoming week. Make plans for quicker and easier meals on days you have more going on and meals that take a little more time on the other days.
- As you plan, make considerations on how you will use leftovers to save you time and money throughout the week.
- Plan and create meals around foods you already have on hand.
- Base your planning around store specials and coupons. If you are using coupons, be sure to compare among brands to be sure your coupon is giving you the best buy.
- Look for store brands. They are often cheaper than name brands.
- Shop when you are not hungry. You'll be more likely to stick to your grocery list.



- Include fresh, frozen and canned fruits and vegetables. All varieties can be used in meals and snacks.
- When planning fresh produce purchases look for items that are in season as they are typically a better buy.
- Read food labels. Make sure you are getting the best nutrition value for your dollar.

Crunchy Apple Roll-Up

- 1/2 medium Apple
- 1 Tablespoon Peanut Butter
- 1 Whole Wheat Tortilla
- 2 to 3 Tablespoons Crispy Rice Cereal



- 1) Chop apple into small pieces, slice thinly, or shred with a grater.
- 2) Spread peanut butter in a thin layer over tortilla.
- 3) Spread apple pieces in an even layer over peanut butter.
- 4) Sprinkle with cereal.
- 5) Roll up tightly and cut in half.

Garbanzo Bean Dip

- 1 can (15 oz.) garbanzo beans or great northern beans (drained & rinsed)
- 2 Tablespoons canola oil
- 1 Tablespoon lemon juice
- 2 Tablespoons onion, chopped
- 1/2 teaspoon salt

- 1) Mash beans in a small bowl until they are smooth.
- 2) Stir in oil, lemon juice, onion, and salt.
- 3) Refrigerate leftovers.
- 4) Serve on bread, crackers, pita chips, or as a dip with raw vegetables.

Sources: <https://eatsmart.umd.edu/sites/eatsmart.umd.edu/files/Grocery%20Shopping%20Tips%20on%202017%20Template%20PDF.pdf>; <https://spendsmart.extension.iastate.edu/recipes/> retrieved 3/22/21

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.