

parent tips

Save Money By Cooking Smarter

You and your family can cook healthy meals, even on a tight budget. Here are some tips that can help.



Before You Shop – Plan Ahead

Step 1: Think about what foods you already have in the house.

Step 2: Make a list of meals that you can make with those items (**Need ideas?** Check out the tools below).

Step 3: Make a list of other foods you still need to buy (See the **We Can!** Grocery List Template on the back of this page for healthy substitutions to make when shopping).

Step 4: Make your cooking plan for the week (Try using the **We Can!** Weekly Meal Planner).

When You're Cooking – Make the Most of Your Time and Ingredients

Cook once, eat twice!

- Skip seconds. Save leftovers for another meal.
- Freeze the leftovers to eat later or take them for lunch the next day.
- Keeping your portions at the right size can save calories *and* money.

Do "batch cooking"

- When you can, cook large amounts of foods that freeze well, like spaghetti sauce.
- Split meals into family-size portions and freeze right away after cooking. Use them later in the month.

Turn this page over for healthy cooking and baking substitutions!

More tools!

- Keep the Beat™ and **We Can!** Deliciously Healthy Family Meals:
<http://hp2010.nhlbihin.net/healthyeating/>
- **We Can!** Weekly Meal Planner:
http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_planner.pdf
- **We Can!** Grocery List Template:
http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_grocery.pdf

We Can! Healthy Cooking and Baking Substitutions

Instead of:	Substitute:
1 cup cream	1 cup evaporated fat-free milk
1 cup butter, margarine, or oil	1/2 cup apple butter or applesauce
1 egg	2 egg whites or 1/4 cup egg substitute
Pastry dough	Graham cracker crumb crust
Butter, margarine, or vegetable oil	Cooking spray, chicken broth, or a small amount of olive oil
Bacon	Lean turkey bacon
Ground beef	Extra-lean ground beef or ground turkey breast
Sour cream	Fat-free sour cream
1 cup chocolate chips	1/4 - 1/2 cup mini chocolate chips
1 cup sugar	3/4 cup sugar (this works with nearly everything except yeast breads)
1 cup mayonnaise	1 cup reduced-fat or fat-free mayonnaise
1 cup whole milk	1 cup fat-free milk
1 cup cream cheese	1/2 cup ricotta cheese pureed with 1/2 cup fat-free cream cheese
Oil and vinegar dressing with 3 parts oil to 1 part vinegar	1 part olive oil + 1 part vinegar (preferably a flavored vinegar, such as balsamic) + 1 part orange juice
Unsweetened baking chocolate (1 ounce)	3 tablespoons unsweetened cocoa powder + 1 tablespoon vegetable oil or margarine

(Note: Substitute the ingredients in your own favorite recipes to lower the amounts of fat, added sugar, and calories.)

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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