

# EATING WELL ON A BUDGET



**Eat a nutritious diet and stretch your food dollar with the following money-saving tips.**

## Plan Ahead

- Cook from scratch. Cooking at home will yield financial and health benefits.
- Budget wisely! Know how much money you have to spend on food.
- Plan meals around items that are on sale and utilize foods you already have on hand first.
- Make a shopping list and stick to it. Avoid shopping when hungry.

## Shop Smarter

- Choose store brands or private label brands over national brands.
- Buy shelf-stable items on sale that you use regularly.
- Choose larger sizes of food. Larger packages of food tend to have a lower unit price.
- Check “sell by” or “use by” dates and purchase the freshest food possible.
- When selecting fresh produce, buy in-season and only what you can use before it spoils. Canned and frozen vegetables and fruits can be just as nutritious as fresh and usually cost less.
- Opt for these budget-friendly whole grains: brown rice, whole grain pasta, cereal, crackers and breads, plain oatmeal or popcorn.
- Swap out meat with beans, split peas, lentils and eggs, which cost far less. Select canned tuna, salmon or sardines vs fresh or frozen fillets.
- Skip the cookie and chip aisle. Out of sight, out of mind.
- Drink water instead of soft drinks and other sugary beverages.

## Waste Nothing

- Store food right away after you shop to keep it fresh and safe.
- If you buy large amounts of a fresh food, divide, label and store it in your freezer for later use.
- Use foods with the earliest expiration date.
- Learn how to use most of the vegetable or fruit - stems and all!
- Eat your leftovers at lunch or create new meals with leftover ingredients.

# St. Charles AAA

## August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>BBQ Riblet</b> Ranch Beans Chuckwagon Corn Hamburger Bun Orange Juice	<b>2</b> <b>Teriyaki Meatballs</b> Rice Asian Vegetables Pineapples Wheat Bread Little Debbie/Cookies	<b>3</b> <b>Sausage/Pinto Beans</b> Brown Rice Spinach Cucumber Salad Cornbread Cranberry Juice Margarine	<b>4</b> <b>Turkey &amp; Penne Pasta</b> California Vegetables Green Beans Wheat Bread Little Debbie/Cookies	<b>5</b> <b>Ham &amp; Cheese</b> Lettuce & Tomato Pickled Beets Wheat Bread (2) Fruited Gelatin Mustard Mayonnaise
<b>8</b> <b>Turkey &amp; Sausage</b> <b>Jambalaya</b> Cabbage Green Peas Wheat Bread Fresh Apple	<b>9</b> <b>Chicken Breast</b> <b>Waikiki Sauce</b> Whole Kernel Corn California Vegetables Wheat Bread Little Debbie/Cookies	<b>10</b> <b>Red Beans &amp; Sausage</b> Brown Rice Orange Juice Spinach Cornbread Little Debbie/Cookies Margarine	<b>11</b> <b>Beef Patty</b> <b>Pepper &amp; Onion Gravy</b> Duchess Potatoes Glazed Carrots Wheat Bread Mandarin Oranges	<b>12 Summer Special</b> <b>Pork Roast</b> <b>Apple Berry Sauce</b> Southern Green Beans Country Corn Dinner Roll Lemon Cookie
<b>15</b> <b>Baked Meatballs</b> <b>Creole Sauce</b> Chuckwagon Corn California Vegetables Hot Dog Bun Little Debbie/Cookies	<b>16</b> <b>Sliced Ham</b> <b>with Honey Glaze</b> Parslied Carrots Green Peas Dinner Roll Fruited Gelatin	<b>17</b> <b>Chicken &amp; Sausage</b> <b>Gumbo &amp; Rice</b> Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake	<b>18</b> <b>Hamburger</b> Lettuce/Tomato/Onion Baked Beans Hamburger Bun Orange Juice Chocolate Milk Mustard Ketchup	<b>19</b> <b>Baked Bone-in Chicken</b> <b>Brown Gravy</b> Whipped Potatoes Green Beans Wheat Bread Fresh Fruit
<b>22</b> <b>Smothered Chicken</b> Garlic Potatoes Lima Beans Wheat Bread Little Debbie/Cookies	<b>23</b> <b>Beef Taco Salad</b> Shredded Cheese Lettuce & Tomato Southwest Vegetables Tortilla Chips Mixed Fruit Cobbler Taco Sauce	<b>24</b> <b>Turkey Breast</b> <b>Brown Gravy</b> Cabbage Carrot Souffle Wheat Bread Chocolate Oatmeal Bar	<b>25</b> <b>Breakfast Sausage</b> <b>or Ham</b> Grits Cranberry Juice Chantilly Potatoes Biscuit Banana Margarine	<b>26</b> <b>Turkey Salad</b> Tossed Salad Fresh Fruit Wheat Bread (2) Chocolate Pudding Ranch Dressing
<b>29</b> <b>Turkey &amp; Rice</b> Cabbage Green Peas Wheat Bread Little Debbie/Cookies	<b>30</b> <b>Hamburger</b> Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Mixed Fruit Cobbler Mustard Ketchup	<b>31</b> <b>Chicken Fajita</b> <b>Shredded Cheese</b> Ranch Beans Pineapples Flour Tortilla Coconut Cake Sour Cream	Each Meal is served with 1/2 pint of 2% Milk  Menus are subject to change due to supply chain issues	 <p><b>TRIO</b> Community Meals an elior company</p>