



Food Dollar Magic

Making those food dollars stretch!

Plan Ahead

Plan ahead for meals that you want to prepare. Casseroles, stews and stir fries are economical meal choices. Inventory what you have and make a list of what you need.

Look For the Best Price

Check local flyers for items on sale. Fruits and vegetables may be cheaper at local farmers markets. Make sure to check at dollar stores and warehouse stores for better prices. Watch for in-store specials, these are often money savers.

Comparison Shop

Compare store and national brands of products, especially on basic items like sugar, flour or tomato sauce. Check the upper and lower shelves for cheaper items, the most expensive items are usually at eye level.

Coupons

Coupons are a great way to help save money on items. Make sure to check the store coupon policy

to see what types of coupons they accept. Ask if the store has double, or even triple, coupon days, this will increase your savings!

When to Shop

Try to go grocery shopping once a week on a day and time that the stores are least crowded. Shop without other family members, this will keep items out of the cart that are not on the list. Go when you have plenty of time to compare prices. Do not go shopping when you are hungry!

After Shopping

Store food properly to keep it fresh and safe. Divide large packages of meat, poultry and fish into meal size packages and freeze for later. Make sure to use items with the quickest expiration date first.

Cook Creatively

Cook larger batches and freeze part to use for other meals. Use leftovers creatively, such as turning left over roast into quesadillas or a casserole. Leftovers can also be frozen into individual portions to take for lunch.



Developed by Marianna Langston, SNAP-Ed Nutrition Educator | Reference: <https://snaped.fns.usda.gov/snap/EatRightWhenMoney'sTight.pdf>
<https://www.fda.gov/food/consumers/tips-reduce-food-waste> | <https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>

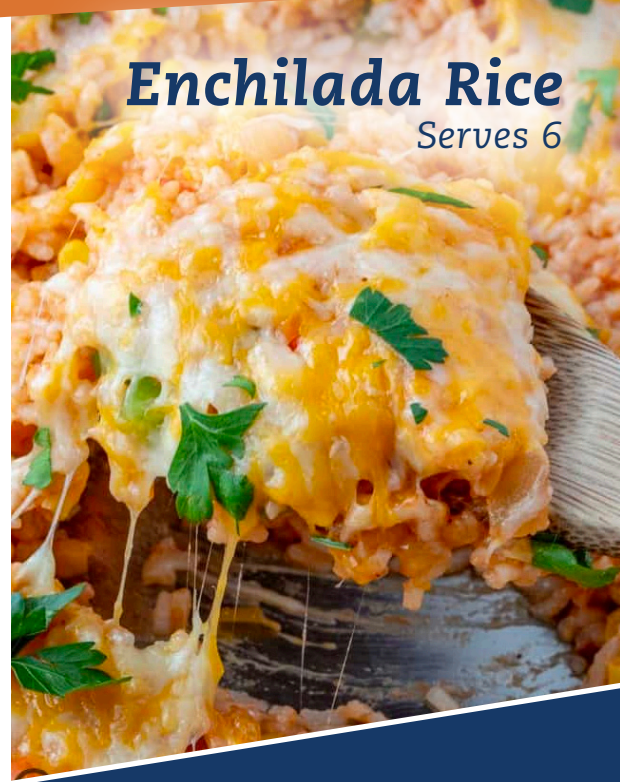
Recipe

INGREDIENTS

- 1 pound 90% lean ground beef (or other ground meat) •
- ½ cup onion (chopped, or 1 tablespoon onion powder) •
- 1 can whole corn (14 ounce, or any canned vegetable, drained) •
- 4 tablespoon taco seasoning mix (dry, or dry enchilada sauce) •
- 2 cups rice, cooked (brown) •
- ½ cup cheese (grated) •
- Mushrooms, olives or any favorite vegetable (sliced, optional) •

Enchilada Rice

Serves 6



INSTRUCTIONS

1. Cook meat and onion until onion juices are clear.
2. Drain liquid and fat from cooked meat and onions.
3. Add corn, taco seasoning, and rice.
4. Simmer for 10 minutes.
5. Add grated cheese to top; cover and set for 5 minutes.
6. Refrigerate leftovers within 2 hours.

Reference: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/enchilada-rice>

Word Search!

Reference: <https://www.puzzle-maker.com>

X	C	S	C	Z	D	F	G	B	R	T	M	R
N	R	B	D	O	S	I	A	U	P	Q	B	E
W	E	P	F	O	M	T	L	L	Y	S	S	I
X	T	Z	G	L	O	P	E	K	I	V	A	H
T	S	N	O	J	O	G	A	B	H	H	L	S
E	I	Y	V	R	A	U	D	R	M	H	E	A
X	G	F	U	R	F	M	R	E	I	Q	W	C
Z	E	Y	O	S	P	J	U	O	N	S	Z	C
R	R	C	H	E	C	K	O	U	T	N	O	E
D	R	N	V	E	C	U	D	O	R	P	A	N
Y	M	S	S	O	N	G	B	N	A	A	K	C
R	V	X	L	P	V	F	A	I	S	L	E	S
P	S	R	Q	J	T	S	N	O	P	U	O	C

Aisles

Bulk

Canned Goods

Cashier

Checkout

Comparison

Coupons

Flour

Frozen

Produce

Register

Sale



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