

FEEDING YOUR KIDS HEALTHY

- The average American household of four spends \$254.10 a week on food, not including fast food items.
- The economy is discussed by just about everyone these days, but it doesn't mean you have to give up healthy, nutritious foods.
- Eating healthy and living on a budget do not always seem to go hand in hand. Here are some tips and recipes to help bring them together!

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What is a Nutritious Dinner?

- The dinner provides at least one selection from each of the 5 food groups.
- The meal contains no more than one serving from the “other” food group category (i.e., soda, butter, cookies, etc.).
- The meal includes a high fiber food, like whole grain pasta or bread, vegetables, fruits, dry beans, nuts or seeds.
- The meals fat content has been reduced in some way, such as non-fat milk, lowfat or lean meat.
- The meal doesn't take hours to prepare, and your family eats it.

Tips: Best Buys for Cost and Nutrition

Breads and Grains

- Look for bargains on day old bread. It costs less but is still nutritious.
- Buy regular rice, oatmeal and grits instead of instant to save on money, sugar and calories.

Vegetables and Salad

- Buy large bags of frozen vegetables. Seal tightly in the freezer between uses.
- Avoid pre-bagged saladmixes. They are usually more expensive and spoil faster.

Fruits

- Buy fresh fruits in season, when they generally cost less.
- Frozen and canned fruits are a smart choice all year round.

Low-Fat Milk Products

- Buy fresh, low-fat milk in the largest size that can be used before spoiling. Larger containers cost less than smaller sizes.
- Ultra-pasteurized milk has a longer expiration date and won't spoil as fast.

Meat and Beans

- Chuck or bottom round roast has less fat and is cheaper than sirloin.
- Dried beans and peas are a good source of protein and fiber. They last a long time without spoiling.
- Look for specials at the meat counter. Buy meat on sale for big savings.
- Buy meat in large bulk packages to save money. Freeze portions you might not use right away to prevent spoiling.

Try the recipes on the following page!

Turkey Chili

Ingredients:

Ground turkey
Canned diced tomatoes
Canned black beans
Canned red beans
Green bell pepper
Brown rice
Onion



Instructions:

In a large pot, sauté 1 yellow onion, 2 tablespoons of minced garlic, and 1 bell pepper. Once onions are soft, add 1 pound of ground turkey and 1 teaspoon each of dried parsley, dried basil, and dried oregano. After the turkey is browned, combine 1 can diced tomatoes, 1 can black beans, and 1 can red beans with 2 tablespoons of paprika, 2 teaspoons ground cumin, and 1 teaspoon cayenne pepper. Simmer for 30 minutes to an hour. Add brown rice. Makes five servings.

**Though chili probably isn't the first thing that comes to mind when you think healthy, ground turkey is cheaper and leaner than the beef variety.

Grilled Orange Chicken Fingers

Ingredients:

1 pound boneless, skinless chicken breasts, trimmed
1 ½ tablespoons Dijon mustard
1 ½ tablespoons frozen orange juice concentrate, thawed
1 ½ tablespoons honey
1 teaspoon sesame oil
½ teaspoon freshly ground pepper
¼ teaspoon salt



Instructions:

Cut chicken crosswise into 3/4-inch-wide strips. Whisk mustard, orange juice concentrate, honey, sesame oil and pepper in a medium bowl until smooth. Add the chicken and toss to combine. Cover and marinate in the refrigerator for 15 minutes. Meanwhile, prepare grill or preheat the broiler. Oil the grill rack or coat a broiler pan with cooking spray. Remove the chicken strips from the marinade, discarding remaining marinade. Grill or broil the chicken until no longer pink in the center, 2 to 3 minutes per side. Season with salt and serve. Makes 4 servings.

This information is provided by Lakeview Hospital and Stillwater Medical Group in coordination with Stillwater Area Schools Community Education.

Source: <http://www.dietsinreview.com/>, <http://www.eatingwell.com>, <http://www.qualityhealth.com>,