



SHOP SMART EAT WELL

Winter
2015

...a quarterly bulletin from the UC CalFresh Nutrition Education Program

How Much Do You Really Spend on Food?

We all want to save money on food.

It's hard to budget, when you don't really know how much you spend.

Try this:

1. Put all your receipts in an envelope for one month – from grocery stores, gas stations, discount stores, restaurants, and other stores where you buy food.
2. Then add it up. Now, take a look at what you are buying and where the money is going. How much did you spend on...

- \$...food?
- \$...meat?
- \$...fruits and vegetables?
- \$...junk food that you probably did not need?
- \$...soda and other sugar sweetened beverages?



- ◆ What did you spend on non-food items – soap, cleaning supplies, shampoo?
- ◆ Where are you buying food?
- ◆ Where are you buying non-food items?
- ◆ How much did you spend at restaurants?

Here are a few ways to improve your spending habits:

- **Make a Plan.** A plan is the key to real savings. Planning meals and snacks can cut your spending up to 50%, if you stick to the list. It helps stop impulse buying at the store. If it's not on the list, don't buy it.

Improve Your Spending Habits *(continued)*

- **Find the right stores for the best prices.** Food items can be expensive at gas stations and convenience stores. Stick to large grocery stores for best buys. Non-food items such as shampoo and cleaning supplies can cost more at the grocery store. Make these purchases at drug or super stores. Watch for sales and stock up on non-perishables.
- **Make a list.** Keep track of the prices of foods that you buy often. This way you will know if something is a good buy.

Smashed Apple and Butternut Squash

The whole family will enjoy this tasty winter side dish.

Ingredients

- 3 tablespoons butter
- 1 butternut squash, peeled, seeds removed and cut into 1-inch chunks
- 1 pinch salt
- 5 Fuji apples (or other sweet apple), peeled, cored and chopped into 1-inch chunks
- 3/4 cup water
- 1/4 cup brown sugar
- 1 teaspoon ground cinnamon



Directions

1. Heat the butter in a large heavy pan over medium-high heat. Add the butternut squash and season with salt, to taste.
2. Cook until the squash is beginning to brown, about 6 to 8 minutes. Add the apples and continue to brown, another 5 minutes.
3. Stir in 3/4 cup of water and the sugar. Cover, then reduce the heat to medium-low and cook until tender, about 15 minutes.
4. Add the cinnamon; mix and mash with potato masher or large fork.

Serve warm or at room temperature.

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