



SHOP SMART EAT WELL

Spring
2017

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

Plan to Save

We've all heard it before, if you want to save money on your groceries you have to plan ahead. It might be challenging the first few weeks, but stick with it until it becomes a part of your routine. Food budgeting will ensure your family has tasty, healthy meals all month long. Ready to give it a try? Follow these three simple steps.

Step 1: Know what you currently spend on food



Keep track of everything you spend on food for two weeks. Try to include everything—groceries, take out, school lunch, restaurant meals, convenience stores, coffee, vending machines, etc. It might seem like a real inconvenience, but it will be very helpful in creating a realistic food budget.

Step 2: Determine how much you have to spend on food each month

Ask yourself the following questions to decide if what you spend on groceries is more than what you should be spending:

- Were you surprised by how much or how little you spent on food? Were you shocked to see how much or little you spent on certain items?
- Did I spend more on prepared and restaurant foods than I did at the grocery store?
- Are there food items I am willing to go without?
- Did I throw out a lot of food because it spoiled before I ate it?



Plan to Save (continued)

*Now that you are aware of where your money is going,
you can make the necessary adjustments.*

Step 3: Implement your food budget

Shop once a week and divide your monthly food dollars into four portions, one for each week. Remember to include money for all food purchases, not just those from the grocery store.

Always make a shopping list and stick to it!

Changing habits isn't easy. But insuring your family isn't going hungry at the end of the month makes it worth it!



Black Bean and Veggie Tostada Olé

Serves 6

Ingredients

- 2 teaspoons oil
- 1/4 cup yellow onion, medium chopped
- 1 cup red bell peppers, medium chopped
- 1 cup kernel corn, canned, frozen, or fresh
- 1 cup zucchini, medium chopped
- 1 cup yellow squash, medium chopped
- 1 15-ounce can refried black beans
- Corn tostadas, 1 per person*
- Your favorite salsa
- Queso fresco or feta cheese (optional)
- Cilantro, chopped (optional)

*Corn tostadas can be purchased from the store or made at home. To prepare baked tostadas, preheat oven to 400 degrees. Place corn tortillas on a baking sheet and bake for 10-15 minutes, until golden brown and crisp.

Directions

1. Heat oil in medium skillet over medium heat. Add onion, bell peppers, corn, zucchini, and yellow squash. Cook, stirring occasionally, until vegetables are softened, about 6 minutes.
2. Heat beans in microwave or on stovetop.
3. Spread a thin layer of the beans on each tostada. Top with cooked vegetables. Add salsa, and queso fresco and cilantro (if using).

Note: Substitute vegetables that are on sale or that you have on hand. A great way to use up those vegetables that you forgot about in the refrigerator.

Recipe from Shaping Healthy Choices

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