



SHOP SMART Summer EAT WELL 2018

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

Make the Most of Your Shopping Trip

When grocery shopping, the goal is to stay within your budget and still get everything you need to provide healthy foods for your family. Following these tips will help you to spend less and eat better.

Understand the Store Layout

In most markets, you'll find produce (fruits and vegetables), meat, and dairy foods around the edges of the store. These are the healthiest foods because they are the least processed. They haven't had salt, sugar, fat or colors added to them. When you walk into the store remember "shop the perimeter", meaning that if you shop closer to the walls of the store, you'll get the best health value for your food dollars.

Don't Shop When You're Hungry

This is a common tip and so true. There are a lot of tempting things to buy when you're in a food store. Shopping when you're not hungry will help you resist the temptation of convenience foods and snacks.

Stick to Your List

Before you go to the market, take the time to make a shopping list. And when you get there, stick to it! Exceptions can be made if pantry items that you use regularly or fruits and vegetables are deeply discounted.



Add Frozen Food to Your Cart at the End

If you make frozen foods your last purchase, they will stay frozen longer.

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Make the Most of Your Shopping Trip (continued)

Check, Check, Check

Spend a little time now and you will save time and money later.

- Your refrigerator and pantry. Before you shop, make sure you check out what you still have at home so you don't buy anything you don't need.
- Produce. Look at bagged greens carefully and avoid any that contain brown or slimy leaves. Make sure that fruit is not bruised. Check that onions and potatoes aren't sprouting.
- Sell-by date. Look for the package with the latest expiration or "sell by" date, especially on dairy items. That means it's fresher and you have more time to use it.

Adapted from Chop Chop Sprout newsletter

Hand Held Salad

Serves: 6 snack-size portions

Kids have fun making and eating - a light meal or hearty snack.

Ingredients

- 2 cups cooked small-shaped pasta (shells, salad, etc.)
- ½ cucumber, peeled
- 1 carrot, peeled
- 1 medium apple
- ½ cup grated cheddar cheese
- 1 can (6 oz.) water packed tuna, drained
- 6 whole lettuce leaves (green or red leaf)
- Vinaigrette dressing* (bottled or try the recipe here)

*Vinaigrette Dressing

- 3 tablespoons cider vinegar (balsamic, red wine, white wine or rice wine vinegars can be used instead)
 - 1 clove garlic, finely chopped
 - 1 teaspoon sugar
 - ¼ teaspoon prepared mustard
 - ½ teaspoon salt
 - Pepper to taste
 - ¼ cup olive oil
1. Combine first 5 ingredients.
 2. Wisk mixture while slowing adding oil.

Directions

1. Chop cucumber, carrot, and apple into ¼-inch pieces and combine in a large bowl.
2. Add cooked pasta, cheese, and tuna.
3. Pour dressing over salad and toss lightly.
4. Place 1 lettuce leaf on a plate. Spoon 3 or 4 tablespoons salad onto bottom half of lettuce. Roll up leaf and enjoy.

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