



SHOP SMART Summer EAT WELL 2019

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

Food Needs vs Food Wants

When you are planning your weekly grocery list, there are things you consider:

- What foods do you have in the refrigerator and cupboards?
- What foods are on sale this week?
- Are there nights that you will need a quick dinner due to after school activities?

But do you ever think about foods you **NEED** versus foods you **WANT**? What is the difference between needs and wants?

NEED

Something you have to have

WANT

Something you would like to have

Food needs are basic food choices that are needed for health. Food wants are foods you'd like to have, but could survive without them. These are often convenience foods.

Limit food wants that are low in nutrients, but high in fat and calories. These are "once-in-a-while" foods.

To get more for your food dollars:

- Plan meals and make a shopping list.
- Think about your food **NEEDS** first, then make choices from your food **WANTS** list if you have enough money to purchase.

Food **NEEDS** example: Fruits and vegetables in season, whole chicken, and oatmeal.

Food **WANTS** example: Pre-made fruit smoothies, sugary drinks, pastries, chips, etc.

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Food Needs vs Food Wants (continued)

Does this mean that you should only buy the things you need? No, treat yourself to some of your wants, but do so when you can afford to.

Customize this frittata for your family. Let the kids join you at the farmers' market or grocery store to pick their favorite vegetables.

Basic Frittata

Serves: 6-8

*A frittata is a cross between an omelet and a quiche.
You can eat it hot or cold.*

Ingredients

- 3 teaspoon vegetable oil
- 1 onion, peeled and chopped
- Vegetables of your choice*
- ½ cup leftover cooked potatoes or cooked rice or day-old bread cubes
- 8 large eggs
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 cup fresh basil or parsley leaves, chopped
- ½ cup grated cheddar, Swiss, or parmesan cheese

*Vegetable ideas:

- 1/2 head broccoli or cauliflower,
- 1 cup spinach or shredded kale,
- sliced zucchini, diced leftover sweet potatoes, corn cut from the cob

Directions

1. Preheat oven to 350°F and coat 9-inch pie pan or 8X8 inch baking pan with oil or cooking spray.
2. Add 2 teaspoons oil to a large skillet and cook onions until golden brown and softened. Turn down to low, add the vegetables and potatoes and cook until the vegetables are tender.
3. Put eggs, salt, and pepper in a bowl and whisk.
4. Add the onion mixture, basil, and cheese and mix well.
5. Pour the mixture in the pan and place in the oven.
6. Bake until the top is golden and the eggs are set, 25-30 minutes.
7. Serve warm or at room temperature, or cover and refrigerate up to 2 days.

Recipe adapted from ChopChop!

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