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Shop Smart:

- * Always make a list before you go to the store
- * Never go to the grocery store hungry
- * Avoid buying foods past their expiration date
- * Always get a rain-check if a special isn't available
- * Buy day-old bakery if it can be used quickly

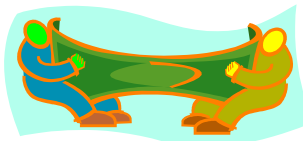
Stretching

Your Food Dollar

Be A 'Savvy' Shopper

By Leighanna Grupp,
Community Nutritionist

Budgets are tight and eating healthier can be more expensive. But in the long run, not taking care of yourself and watching what you eat may cost you more in medical bills and doctor visits. But here's the good news—eating healthy doesn't have to send your monthly grocery bill skyrocketing. The following savvy shopping tips can really make a difference and help lower your grocery bill and at the same time, improve your nutrition.



- **Clip Coupons:** This may seem like a daunting task—but if you regularly use brand name products this could save you \$\$\$.

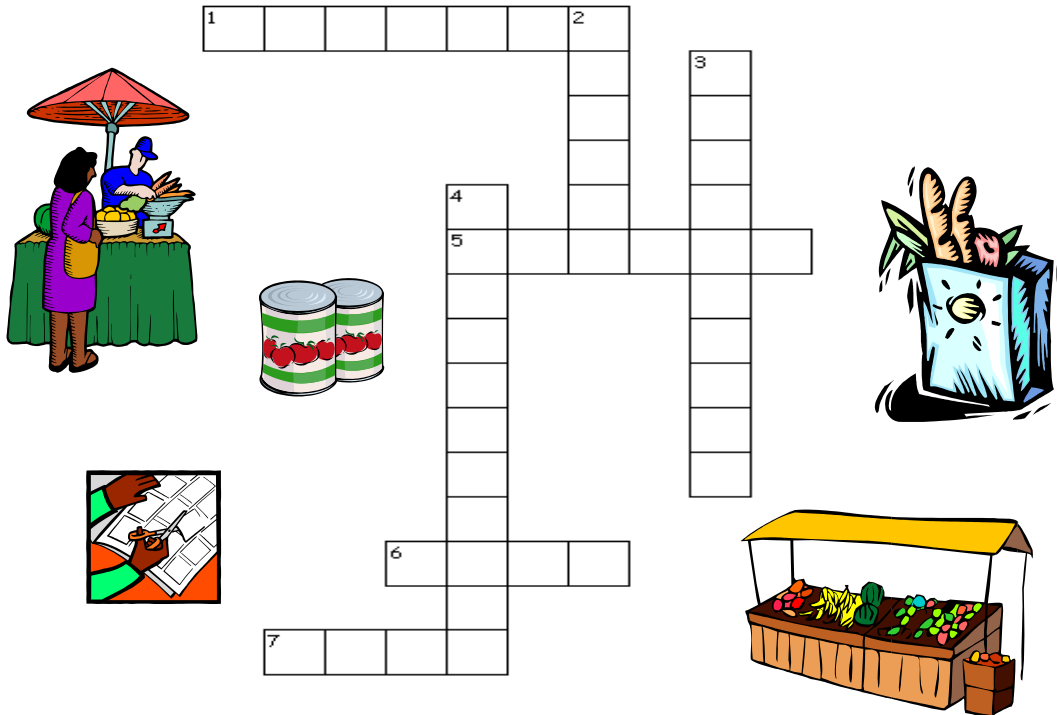
- **Cherry-Pick:** Shopping around at different stores for the weeks sales allows you to get some super buys and stock up on things you regularly use.

- **Buy in Bulk:** If you have the room to store it properly, this can really lower the unit price you pay for the item.
- **Buy in Season:** Buying fresh produce when it is in season will allow you to save \$\$\$\$. It also will increase the variety of foods you eat.
- **Check the Expiration Date:** Purchasing foods near their expiration date will save you \$\$\$\$. **BUT** before you buy, make sure you will use it before it expires.

Storage Tips to Keep Food Fresher Longer

- Store flour, sugar and all dry goods in air tight containers.
- Keep your eggs in the carton.
- Rotate your produce. Place new fruits and vegetables behind the older ones.
- Use bag clips or clothespins on all bagged foods for lasting freshness.
- Store all dry goods off the floor and away from excessive heat or humidity.

'Savvy' Shopping Crossword Fun



Use the front of this newsletter to help you solve the Savvy Shopping Crossword

Across

- 1. Clipping _____ could save you a lot of money if you buy brand name foods.
- 5. Never go to the grocery store _____. You'll end up buying things you never needed.
- 6. Always go to the grocery store with a _____ to help you stay on task and only buy the things you need.
- 7. Buying in _____ can help you save money on the unit price of the food.

Down

- 2. Buy fresh fruits and vegetables in _____. This saves you money and helps you eat a variety of foods.
 - 3. Always check the _____ date for last minute discounts.
 - 4. _____ at different grocery stores and you can cash-in on some super buys.
-

Quick Fix Recipe of the Month

Oven BBQ Chicken

Yield: 4 servings
 Serving size: 1 chicken breast

Ingredients

- 4 (5 ounce) chicken breasts (boneless and skinless)
- 1/2 cup jellied cranberry sauce
- 1/4 cup tomato sauce
- 2 tablespoons mustard

Method:

1. Combine cranberry sauce, tomato sauce and mustard.
2. Brush both sides of chicken breasts with mixture.
3. Bake, uncovered, at 375 degrees for 30 minutes.
4. Turn chicken, brush with BBQ mixture again and bake for an additional 20 minutes or until chicken is tender.

*Recipe taken from 'Low Fat & Light
 Four Ingredient Cookbook'*

Nutrition Facts

Serving Size (144g)
 Servings Per Container

Amount Per Serving

Calories 200 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Cholesterol 75mg **25%**

Sodium 240mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **4%**

Sugars 9g

Protein 27g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Lou's

Food Safety Tip of the Month— Use 4 Steps to Fight Bac!®

To keep food safety at it's simplest—just remember the following 4 Steps to Fight Bac! (Bacteria)®

1. **Clean**—Wash hands and surfaces often.
2. **Separate**.....Don't cross contaminate.
3. **Chill**—Refrigerate promptly and properly.
4. **Cook** to proper temperatures.



Volunteers of America

Volunteers of America
2660 Larimer Street
Denver, CO 80205

Phone: 303-297-0408
Fax: 720-264-3306
Leighanna Grupp,

Community Nutritionist
Dawn Hasebrook, RD

Email: lgrupp@voacolorado.org
dhasebrook@voacolorado.org

The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at:

303-297-0408.

Ask for Meals on Wheels.

Meals on Wheels is funded in part by the Denver Regional Council of Governments Area Agency on Aging.



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Healthy, Nutritious & Affordable

Hats off to those of you who are always looking for a bargain on healthy items when you go to the grocery store. Check out the following healthier alternatives to some popular foods the next time you are shopping—you might be surprised by how affordable they are.



- **Try** 100% Whole Wheat Spaghetti and add 4 grams of fiber.
- **Try** Baked Chips and save 6-7 grams of fat.
- **Try** Whole Wheat Tortillas and add 3 grams of fiber.
- **Try** Unsweetened Applesauce and save around 100 calories.

- **Try** Unsalted Almonds and save 150mg of sodium.
- **Try** Instant Brown Rice and add 3 grams of fiber.
- **Try** Low-fat or fat-free salad dressings and save up to 14 grams of fat.
- **Try** Low-fat or fat-free dairy products and save up to 8 grams of fat.
- **Try** Egg substitutes and save 5 grams of fat and reduce cholesterol.
- **Try** 100% Orange Juice with added Calcium and get more than 25% of your days calcium.

These small switches will help your health savings add up.