



THE LOW-COST COOKBOOK

CREATED BY THE ARMED
SERVICES YMCA FORT BRAGG



ABOUT US

The Armed Services YMCA is a registered 501(c)3 nonprofit that provides specialized programs and services to currently serving junior enlisted military service members and their families. Our tailored no and low cost programs and services include: child care, day and resident camps, child development programs, early learning classes, emergent food support, deployment support, emergency travel support and health and wellness services. We are the nation's oldest military service organization, and have served the military community since we were established nearly 160 years ago during the Civil War.

Unlike your neighborhood Y, we don't have paid memberships, and we don't normally provide services to the local community. Our focus is on the resiliency of military families. We strive to meet this need in a variety of ways including:

- by providing low-cost, high quality child care for military spouses can seek educational and occupational opportunities.
- ensuring military spouses receive the health and medical care needed by providing no-cost child watch services during medical appointments at Womack Army Medical Center.
- Empowering new military parents to be their child's first teacher and providing educational resources to ensure Pre-K and Kindergarten readiness.

The Armed Services YMCA Fort Bragg Food Pantry serves a vital need in military readiness and family health as 15% of active duty families are food insecure. Here at Fort Bragg, that translates to nearly 12,000 families. The Food Pantry provides active duty service member, veterans, and their families confidential support in the form of food and personal hygiene items. From September 2019 – May 2020 we have provided nearly 20,000 pounds of food to those in need of support. It is a much needed program in the community and we are grateful to the community for not only allowing us to provide this service, but also supporting us through monetary and in-kind donations.

The purpose of this cookbook is simple: to provide pantry shoppers with simple, affordable, healthy recipes with items commonly found in our food pantry.

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NUTRITION IS KEY!



Focus on whole fruits

Include fruit at breakfast!
Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



Move to low-fat or fat-free milk or yogurt

Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.



Drink and eat less sodium, saturated fat, and added sugars

Cook at home and read the ingredients to compare foods.

BREAKFAST

| FRUIT AND CEREAL PARFAITS | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none">• 1 cup fruit, fresh, frozen (thawed), or canned (drained)• 1 cup yogurt• 1 cup cereal | <ul style="list-style-type: none">• In a glass, place half of the fruit, then half of the yogurt, then half of the cereal. Repeat. Cover and refrigerate until ready to serve. |

| BANANA OAT COOKIES | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none">• 2 overripe bananas• 1 cup quick oats• ½ cup mix-in's (e.g. chocolate chips, chopped nuts, shredded coconut, OR raisins) | <ul style="list-style-type: none">• Smash bananas in a medium-sized bowl until gooey. Try to get as many lumps out as possible. Pour in oats and mix-in's. Mix well. With wet hands, form mixture into 2 inch balls and place on a greased cookie sheet. Bake at 350 degrees for 15-20 minutes, or until golden brown. Let cool and enjoy! Store cookies in an air-tight container or wrap well with plastic wrap and freeze. |

| FRUIT SMOOTHIES | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none">• 4 cups fruit (can be frozen, fresh, canned, or a combination)• 1 6 oz. container yogurt• ¼ cup water or milk• 1 cup ice cubes | <ul style="list-style-type: none">• Prepare fruit by peeling/coring, if necessary and cutting into small chunks. Ensure canned fruit is drained well. Place fruit, yogurt, and ice into a blender and blend on low, slowly increasing to a higher speed. Add milk or water slowly to create a smooth consistency. Adding more liquid will create a thinner, drinkable smoothie; adding less liquid will create a thicker, more ice cream-like consistency. |

| WARM APPLE OATMEAL | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • ½ c oats • ½ cup milk • 1 apple, cored and chopped • 1 tablespoon peanut butter (or 2 tablespoons chopped nuts) • ½ teaspoon cinnamon • ½ teaspoon salt | <ul style="list-style-type: none"> • Combine oats, milk, apple, cinnamon, and salt in a small bowl. Heat in microwave for 1 ½ minutes, or until oats are cooked. Stir in peanut butter or top with nuts and enjoy. |

| BLUEBERRY CORN MUFFINS | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 ¾ cup yellow cornmeal • ¾ cup all-purpose flour • 2 tablespoons sugar • 3 teaspoons baking powder • ¼ teaspoon salt • 1 egg • 1 cup milk • 1/3 cup oil • 1 ½ cups frozen blueberries | <ul style="list-style-type: none"> • Preheat oven to 400°. Prepare 12 muffin cups with non-stick spray or muffin liners. In a large bowl, combine cornmeal, flour, sugar, baking powder, and salt. Set aside. In a small bowl, mix egg, milk, and oil. Pour into flour mixture and mix until just combined. Gently mix in blueberries. Spoon mixture into muffin cups. Bake for 15-18 minutes, or until a toothpick inserted into the center of the muffin comes out clean. |

| BANANA PANCAKES | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 ripe bananas, mashed • 1 egg • ¾ cup milk • 1 tablespoon + 1 teaspoon oil • 1 cup pancake mix or Bisquick • ½ teaspoon cinnamon | <ul style="list-style-type: none"> • Mix mashed bananas, egg, milk, and 1 tablespoon oil in a medium bowl. Add in pancake mix and cinnamon, mix until just combined. Heat 1 teaspoon oil in a pan over medium heat. Pour ¼ cup batter in pan. When bubbles appear on the surface, flip pancake and brown the other side. Serve hot. |

| STRAWBERRY FRENCH TOAST | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 8 strawberries, fresh or frozen, sliced • 2 tablespoons sugar • 1 large egg • ½ cup milk • 1 teaspoon cinnamon • 1 tablespoon oil • 4 slices stale bread | <ul style="list-style-type: none"> • Mix sugar, egg, milk, and cinnamon in a bowl. Dip bread into mixture and let sit for 30 seconds. Place oil in a medium sized pan over medium heat. Place bread into pan and cook for 2-3 minutes. Flip, and cook for 2-3 minutes more or until both sides are golden brown. Top with strawberries. |

| TWO INGREDIENT HARVEST MUFFINS | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 box spice cake mix • 1 can pumpkin puree | <ul style="list-style-type: none"> • Preheat oven to 350°. Mix pumpkin and cake mix until combine. Batter will be very thick. Spoon into greased muffin tins. Bake 20-30 minutes or until a toothpick inserted into the center comes out clean. |



Pumpkins aren't just for pie! Pureed pumpkin is extremely versatile and a powerhouse of nutrition. Just one serving provides 49% of your daily vitamin K intake, vitamin C, potassium, and fiber!

| EASY BREAKFAST CASSEROLE | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 8 frozen hash brown patties • 3 cups shredded cheese • 2 cups cooked meat (e.g. ham, sausage, bacon, leftover meat) • 7 eggs • 1 cup milk • ½ teaspoon salt • ½ teaspoon pepper • ½ teaspoon garlic powder • Vegetables, optional (e.g. onions, peppers, mushrooms) | <ul style="list-style-type: none"> • Preheat oven to 350°. Grease 9x13 baking dish. Place frozen hash browns in a layer on the bottom of the dish. Set aside. In a bowl, mix eggs, cheese, milk, salt, pepper, and garlic powder. Pour over hash browns. Sprinkle meat and/or vegetables on top. Cover with foil and bake for 1 hour. Uncover and bake 5-10 minutes or until edges are crispy and golden brown. Serve hot or cold. |

| SPINACH RICE BREAKFAST BOWL | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • ½ cup cooked rice • ½ cup spinach, fresh, frozen or canned • ½ tablespoon butter • 1 large egg • hot sauce, to taste • salt and pepper, to taste | <ul style="list-style-type: none"> • Place 1 inch of water in a small saucepan. Cover and bring to a boil. Add whole egg, re-cover, and cook for 6 minutes. Drain water, rinse egg with cool water, and peel. While egg is cooking, mix spinach and rice in a small bowl. Microwave until heated through. Add butter, salt, and pepper. Place egg on rice, add hot sauce, and enjoy. |

| ORANGE CREAMSICLE SMOOTHIES | |
|--|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 6 orange juice ice cubes* • 2 tablespoons milk • 1 orange, peeled • ¼ cup yogurt, vanilla or plain • ¼ teaspoon vanilla <p>*- Pour orange juice into ice cube tray and freeze until solid.</p> | <ul style="list-style-type: none"> • Combine all ingredients in a blender and blend until smooth. Pour into glass and serve immediately. |

| SCOTTISH PANCAKES | |
|--|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 ½ cups rolled oats • ½ cup flour • 2 cups milk • 2 tablespoons lemon juice or vinegar • 2 eggs • ½ teaspoon salt • ½ teaspoon baking soda • 1 ½ teaspoon sugar • ¼ teaspoon cinnamon, optional | <ul style="list-style-type: none"> • Combine milk and lemon juice in a large bowl and set aside for 15 minutes. Once curdled, add oats and let stand for another 15 minutes. Add eggs, salt, baking soda, sugar, and cinnamon. Mix well. Add flour and stir until just combined. Heat a large skillet over medium heat. Ladle mixture into pan, making medium sized pancakes. Cook until top of pancakes bubbles, flip. Cook on other side until golden brown. |

| PEANUT BUTTER AND JELLY BARS | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 cups oats • 1 cup rice crisp cereal • ½ cup jelly or jam • ½ cup peanut butter • ¼ cup hot water <p>*- Other size pans can be used, it will just alter the thickness of the bars</p> | <ul style="list-style-type: none"> • Preheat oven to 350°. Grease an 8x11 baking dish*. Pour oat and cereal in a large bowl and set aside. In a small saucepan, warm peanut butter, ¼ cup jelly, and water. Stir until well mixed. Pour over oat/cereal mixture and mix well. Pour mixture into prepared pan and press lightly to form an even layer. Spread the remaining jelly on top. Bake for 25 minutes until brown around the edges. Cool in pan and then cut into squares. |

| TOAD IN THE HOLE | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 egg • 1 slice of bread • 1 tablespoon butter • salt and pepper to taste • 1 tablespoon shredded cheese, optional | <ul style="list-style-type: none"> • Heat the butter in a small skillet over medium heat until lightly brown. Cut a large square out of the middle of the bread. Place both pieces of the bread in the skillet. Crack egg into the middle of the cutout. Cook for 3 minutes. Flip and cook another 3 minutes or until both sides are golden brown. Remove from pan and sprinkle with salt, pepper, and cheese (if using). Serve warm. |

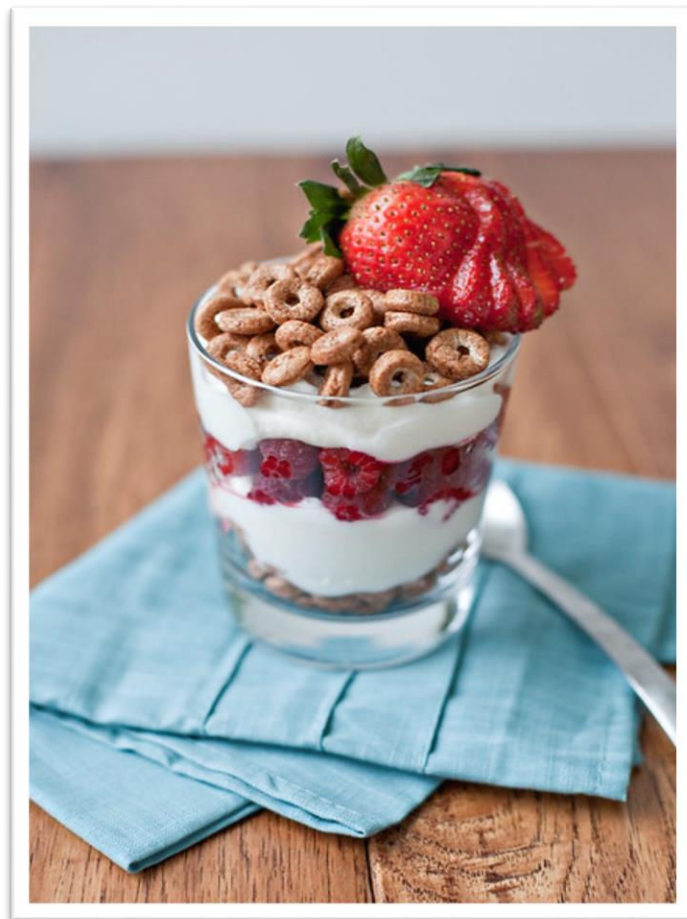
BREAKFAST BURRITOS

Ingredients:

- 2 tablespoons oil
- 4 cups frozen hash browns (or diced potatoes, cooked)
- 8 eggs, beaten
- 1 cup beans (black, pinto, or kidney)
- 2 cups shredded cheese
- 8 flour tortillas
- salt and pepper, to taste

Directions:

- In a large skillet, heat oil over medium heat. Cook potatoes for 5-7 minutes or until golden brown and cooked through. Add in beans, salt, and pepper. Cook for another minute. Place into a bowl, set aside. Add eggs to skillet and cook for 2-3 minutes, stirring occasionally. Add potatoes and beans back into skillet and stir to combine. Warm tortillas in microwave or on stove. Spoon potato, egg, and bean mixture down the middle, top with cheese. Roll tortilla up and serve while warm.



Fruit and Yogurt Parfait

LUNCH

| PEANUT BUTTER AND APPLE SANDWICH | |
|---|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none">• 1 large apple, thinly sliced• 2 T peanut butter• 2 slices of bread (or pita, tortillas, bagels, English muffin) | <ul style="list-style-type: none">• Spread half of the peanut butter on each slice of bread. Layer the apples on the peanut butter and put the bread slices together. Enjoy! |

| MINI FIESTA PIZZAS | |
|---|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none">• 1 cup Salsa• 1 cup Shredded Cheese• 1 cup refried or smashed black beans• 4 English muffins (or tortillas, pita, toasted bread, bagels)• toppings (e.g. Onions, peppers, corn, taco meat, canned chili's) | <ul style="list-style-type: none">• On each English muffin, spread a layer of refried beans. Add a thin layer of salsa. Top with cheese, then toppings. Broil in the oven until the cheese is golden brown and bubbly. |

| COLLARD GREEN MAC AND CHEESE | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none">• 2 $\frac{3}{4}$ cups milk• $\frac{1}{2}$ pound macaroni noodles• 6 cups collard greens, stems removed and thinly sliced• 2 cups shredded sharp cheddar cheese• 1 teaspoon Dijon mustard• $\frac{1}{2}$ teaspoon salt• $\frac{1}{4}$ teaspoon pepper | <ul style="list-style-type: none">• In a large pot, bring milk to a boil. Add the macaroni noodles and greens and cook 10 minutes until the pasta is tender. Stir in the cheddar cheese, Dijon mustard, salt and pepper. Serve. |



Dark, leafy greens are some of the most nutritionally packed vegetables around. Dark, leafy greens are great sources of iron, calcium, vitamin C, and potassium. In fact, gram for gram, kale has more vitamin c than oranges!

| CHEESY PASTA WITH PEAS | |
|---|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 3 cups pasta, uncooked • 2 cups peas, fresh, frozen, or canned • 2 tablespoons oil • ¼ c parmesan cheese, grated • salt and pepper to taste | <ul style="list-style-type: none"> • Prepare pasta per package directions. During the last 2 minutes of cooking, add peas (if using frozen). Drain peas and pasta and place in a large bowl. Add in peas (if using canned). Toss peas and pasta with oil and parmesan cheese. Season with salt and pepper, serve hot. |

| BLACK EYED PEAS AND RICE SALAD | |
|---|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 cans black eyed peas, rinsed and drained • 1 can corn (or 1 cup frozen corn, thawed) • 1 ½ c. rice, cooked • 2 stalk celery, chopped • 1 bell pepper, seeded and chopped • 1 tablespoon olive oil or canola oil • 1 tablespoon water • 2 Tbsp lemon juice or any type of vinegar • 1/4 cup chopped, fresh parsley or 1 tablespoon dried parsley • 1/8 teaspoon black pepper • salt to taste | <ul style="list-style-type: none"> • Combine black eyed peas, corn, rice, celery, parsley, and bell pepper in a large bowl. Set aside. In a small bowl, whisk together the oil, water, lemon juice (or vinegar), salt, and pepper. Pour over peas and rice mixture. Toss to coat. Serve cold. |

| TOASTED TUNA MELTS | |
|--|--|
| <ul style="list-style-type: none"> • 7 oz. tuna, drained • 1/3 c celery, chopped • ½ c onion, chopped • 2 tablespoons mayonnaise • 3 English muffins (or other bread) • 6 TBSP shredded cheese | <p>Preheat oven to 375°. Combine tuna, celery, onion, and mayonnaise. Toast English muffins for 1-2 minutes in oven. Top with tuna mixture and cheese. Bake for 3-4 minutes, until cheese is melted.</p> |

GARLIC LEMON KALE SAUTE

| Ingredients: | Directions: |
|--|---|
| <ul style="list-style-type: none"> • 1 tablespoon oil • 2 pounds kale • 4 garlic cloves, minced • ½ teaspoon red pepper flake • 1 tablespoon lemon juice • ¼ teaspoon salt • ¼ teaspoon pepper • 1 can chickpeas, drain and rinsed | <ul style="list-style-type: none"> • Remove stems from kale and coarsely chop. In a large pan, heat oil over medium heat. Add kale and sauté for 4-6 minutes. Add garlic and red pepper flake. Cover and cook for 6-8 minutes, until the kale is tender. Uncover and cook until no liquid remains, about 1-3 minutes. Add chickpeas, lemon juice, salt, and pepper. Toss well and serve. |

THREE SISTERS SOUP

| Ingredients: | Directions: |
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| <ul style="list-style-type: none"> • 6 cups broth or stock • 1 can corn or hominy, drained and rinsed • 1 can kidney or black beans, drained and rinsed • 1 small onion, chopped • 1 rib celery, chopped • 1 can pumpkin puree • 1/2 tsp. dried sage • 1/2 tsp. curry powder • salt and pepper | <ul style="list-style-type: none"> • Bring broth to a low boil. Add in corn (or hominy), beans, onion, and celery. Cook for 10 minutes. Add sage, curry powder and pumpkin puree. Simmer on low heat for 20 minutes. Season with salt and pepper. Serve hot. |

TUNA PASTA SALAD

| Ingredients: | Directions: |
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| <ul style="list-style-type: none"> • 2 cups pasta, cooked (elbow noodles, penne, rotini, ziti, or other small pasta) • 1 cup carrots, chopped • 1 cup celery, chopped • 2 can tuna, drained • ¼ c Italian dressing | <ul style="list-style-type: none"> • Mix all ingredients in a bowl. Chill for 1 hour before serving. |



Whether you get it from a can, a pouch, or straight out of the ocean, there's no denying the nutritional benefits of tuna. This mighty fish contains omega-3 fatty acids, selenium, and vitamin D, not to mention a fantastic source of lean protein!

| PASTA WITH GREENS AND BEANS | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • ½ box pasta, cooked • 1 tablespoon oil • 1 tablespoon garlic • 1 package frozen spinach, thawed and drained (or 1 can chopped) • 1 can diced tomatoes, undrained • 1 can white beans, drained and rinsed • ½ teaspoon salt • ½ teaspoon pepper • ½ cup parmesan cheese, grated | <ul style="list-style-type: none"> • Heat oil in a large pan. Add garlic and cook on low for 3-5 minutes, until garlic is soft. Add spinach, tomatoes, beans, salt, and pepper. When the mixture bubbles, cook on low for 5 minutes. Add pasta and parmesan to mixture. Toss well and serve. |

| BLACKENED TUNA PATTIES | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 can tuna or salmon, drained • ¼ cup onion, diced • 1 teaspoon garlic powder • 1/3 cup shredded vegetables (e.g. carrots, peppers, zucchini, summer squash) • 1/3 cup breadcrumbs or stale bread, crumbled • 1 egg, beaten • 2 tablespoons ranch dressing • 1 tablespoon oil | <ul style="list-style-type: none"> • Mix all ingredients in a medium sized bowl. Using clean hands, shape mixture into 4 patties. Heat oil in a skillet over medium heat. Cook patties for 2-3 minutes on each side, or until both sides are golden brown and the patty is cooked through. Serve hot. |

| WALDORF SALAD | |
|---|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 3 cups chicken, cubed (or 2 cans chicken) • 1 apple, diced • 1 cup grapes, halved • 1 cup celery, diced • 1/3 cup mayonnaise • 1/3 cup plain Greek yogurt (or sour cream) • 2 teaspoons lemon juice • ¼ teaspoon salt • ½ cup chopped walnuts, optional | <ul style="list-style-type: none"> • Combine chicken, apple, grapes, celery, and nuts (if using) in a bowl. Set aside. In a small bowl, mix mayonnaise, yogurt, lemon juice, and salt until well blended. Pour over chicken mixture and toss to coat. Serve alone, as a sandwich, or on top of lettuce. |

BROWN RICE SALAD WITH APPLES

| Ingredients: | Directions: |
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| <ul style="list-style-type: none">• 3 cups brown rice, cooked• 1 apple, diced• 2 stalks celery, diced• 1 bell pepper, diced• 3 green onions, chopped• ½ cup nuts, toasted• 1 cup chicken, cubed or canned• 3 tablespoons parsley or cilantro, optional• ¼ cup apple cider vinegar• 2 tablespoons lemon juice• 3 tablespoons olive oil• salt and pepper to taste | <ul style="list-style-type: none">• In a large bowl, combine rice, apple, celery, bell pepper, green onions, nuts, chicken, and herbs. Set aside. In a small bowl, mix vinegar, lemon juice, olive oil, salt, and pepper. Pour over rice mixture and toss to combine. |

SWEET POTATO AND BLACK BEAN QUESADILLAS

| Ingredients: | Directions: |
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| <ul style="list-style-type: none">• 2 tablespoons oil• 1 onion, chopped• 1 tablespoon chili powder• 1 sweet potato, diced• 1 (15-ounce) can black beans, rinsed and drained• ½ cup salsa• 1 cup shredded cheese• 8 flour or corn tortillas | <ul style="list-style-type: none">• Heat oil in a large skillet over medium heat. When the oil is hot, add the onion and cook until it begins to brown, about 5 minutes. Add chili powder and stir in for 30 seconds. Add sweet potatoes with a little water, cover, and cook until tender, about 10 minutes. Mix in the black beans and salsa and warm through. |

BLACK BEAN BURGERS

Ingredients:

- 1 can black beans, rinsed and drained
- ½ can chickpeas (or pinto beans), drained and rinsed
- 1 tablespoon Worcestershire sauce
- 1 tablespoon hot sauce
- ½ bell pepper, finely chopped
- 1 egg
- 1 cup flour
- ½ teaspoon garlic powder
- salt and pepper, to taste

Directions:

- Mash the beans to a paste-like consistency. Add bell pepper, egg, Worcestershire sauce, hot sauce, garlic powder, salt, and pepper and mix thoroughly. Slowly start stirring in the flour to the paste until just combined. Heat the vegetable oil over medium-high heat in a large pan. Flour your hands and start forming patties, flouring the outside. Place patties in the pan. Cook patties on each side for 4 to 6 minutes until browned and fully cooked. Remove from heat and serve alone, as a burger, or with ranch dipping sauce.



Waldorf Salad

DINNER

| LENTIL SOUP | |
|--|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none">• 3 carrots, diced• 1 onion, diced• 1 zucchini, diced• 1 T oil• 28 oz. broth• 4 c. water• 1.5 cup lentils• 1 can diced tomatoes• 1 can stewed tomatoes• 1 can green beans• 2 bouillon cubes (or an additional 2 cups of broth)• salt/pepper | <ul style="list-style-type: none">• In a large pot, heat oil. Add in vegetables and sauté until they are soft (5 minutes). Add in broth and water and bring to a boil. Add lentils, cover, and simmer for 20 minutes. Stir occasionally. Add diced tomatoes, stewed tomatoes, green beans, and bouillon cubes (if using). Mix well and simmer for 10 minutes. Add salt and pepper to taste. Soup is done when lentils are soft. |

| STIR-FRY | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none">• 2 T. oil, divided• 1 bag rice• 1 bottle teriyaki sauce (or packet, prepared per directions)• Vegetables (e.g. carrots, broccoli, peas, red bell pepper, onion, green onions, corn)• 1-2 cups meat (e.g. chicken, beef, shrimp) | <ul style="list-style-type: none">• Prepare rice per package directions and set aside. Heat 1 tablespoon oil in a large pan. Slice meat into bite-sized pieces. Sauté in oil until cooked all the way through. While meat is cooking, cut vegetables into bite-sized pieces. Remove meat from pan. Add another tablespoon of oil to the pan and sauté the vegetables until fork tender. Add meat back into the pan to warm through. Add teriyaki sauce and cook for 1 minute. Serve over rice. |



Rice is a great pantry staple to have on hand. Not only does it go well with many different dishes, it's also a great source of manganese, magnesium, and iron! Choose brown rice over white rice for an extra boost of fiber and B vitamins!

COMFORTING CHICKEN AND NOODLE CASSEROLE

| Ingredients: | Directions: |
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| <ul style="list-style-type: none">• 1 can cream of mushroom soup• ½ c milk• 1 cup mixed vegetables (canned or frozen)• 2 cups chicken (cooked or canned, in cubes)• 1 ½ c egg noodles, cooked and drained• ½ cups cheddar cheese• ¼ t. black pepper | <ul style="list-style-type: none">• Stir all ingredients (except cheese) together and place in a 1 or 2 quart baking dish. Bake at 400 degrees for 20 minutes. Top with cheese before serving. |

DIRTY RICE

| Ingredients: | Directions: |
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| <ul style="list-style-type: none">• 2 tablespoons canola oil• 1 onion, finely chopped• 1 bell pepper, ribs and seeds removed, finely chopped• 1 (15-ounce) can black, pinto, or kidney beans, rinsed and drained• 4 cups brown rice, cooked• ½ teaspoon salt• ¼ teaspoon black pepper• Meat, cooked, optional (e.g. ground beef, pork, shrimp, canned or cooked chicken) | <ul style="list-style-type: none">• Heat 2 tablespoons oil in a large skillet over medium heat. When the oil is hot, add the onions and peppers, and cook until veggies start to soften, about 7 minutes. Add the beans and meat (if using), and allow them to heat through, stirring occasionally. Fold in the brown rice, salt, and pepper. Serve alone or with cheese, sour cream, or salsa. |

HEALTHY TUNA HELPER

| Ingredients: | Directions: |
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| <ul style="list-style-type: none">• 1 onion, chopped• 2 tablespoons oil• ½ can cream of mushroom soup• 8 oz box pasta, cooked• 1 cup broccoli or peas, fresh or frozen• 1 tablespoon garlic powder• ¼ cup water• 1 can tuna, drained• salt and pepper | <ul style="list-style-type: none">• Heat oil in a large skillet. Add onion and sauté for 5 minutes. Add soup, pasta, broccoli, garlic powder, water, and tuna to the skillet. Continue cooking over low heat until everything is heated through. Season with salt and pepper to taste. Serve. |

| VEGGIE AND CHEESE EGG BAKE | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 tablespoons butter or oil • 1 onion, diced • 1 green pepper, chopped • 1 (15-ounce) can corn, drained and rinsed (or 1 ½ cups frozen or fresh) • 8 eggs, beaten • 1 cup milk • 1 cup shredded cheese • 1 teaspoon chili powder • 1/2 teaspoon salt • ¼ teaspoon pepper | <ul style="list-style-type: none"> • Pre-heat oven to 400 degrees. Heat butter in a large oven-proof skillet over medium heat. When butter starts to foam, add onion and cook until soft and starting to brown, about 5 minutes. Add green pepper, and cook 5 more minutes. Mix in the corn and remove from heat. Meanwhile, in a large bowl, mix together the eggs, milk, cheese, chili powder salt, and pepper. Pour the egg mixture into the pan. Place in the oven and cook 40 minutes, until browned and puffy on top and the middle is set. Remove from the oven, allow to cool, and enjoy. |

| TORTILLA SOUP | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • tortilla chips • 2 tablespoons oil • 1 large onion, chopped • 3 garlic cloves, chopped • 1 small jalapeno chili, stemmed, seeded, and chopped • 2 cans diced tomatoes • 1 box chicken broth (or bouillon cubes, prepared) • 1 can corn, rinsed and drained • 1 can black beans, rinsed and drained • 1 cup chopped cooked chicken (or 1 can) • 2 tablespoons fresh cilantro leaves, optional • 2 tablespoons lime juice • Salt and pepper, to taste | <ul style="list-style-type: none"> • Heat 2 tablespoons of oil in a large saucepan over medium heat until shimmering. Add the onion and cook until it begins to brown, about 5 minutes. Stir in the garlic and chili and cook until softened, about 1 minute. Add the tomatoes and broth, raise the heat to high, and bring to a boil. Stir in the corn, black beans, chopped chicken, tortilla strips, cilantro, and lime juice and cover the pan. Remove the pan from the heat and set aside until the tortillas strips soften and start to lose their shape, about 5 minutes. Add salt and pepper to taste. |

| COMFORTING CHICKEN AND NOODLE CASSEROLE | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 teaspoons oil • 1 onion, chopped • 3 carrots, chopped • 2 tablespoons chili powder • 2 cans black beans, drained and rinsed • 1 can corn, drained and rinsed • 1 can diced tomatoes • 3 cups water • ½ teaspoon salt | <ul style="list-style-type: none"> • Heat oil in a large pot over medium heat. Add onion. Cook for 4 minutes. Add carrots. Cook for 5 minutes, stirring a few times so they do not burn. Add chili powder. Stir to coat onions and carrots. Cook for 1 minute. Add beans, corn, tomatoes, water and salt. Stir to mix chili. Bring chili to a boil. Reduce heat to low. Simmer for 15-20 minutes. |

| SIMPLE PASTA SAUCE | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 tablespoon oil • 3 cloves garlic (or garlic powder) • 1 28oz can crushed tomatoes • 1 teaspoon dried basil • ½ teaspoon dried oregano • 1 teaspoon sugar • salt and pepper | <ul style="list-style-type: none"> • Heat oil in a medium saucepan. Add garlic and cook, stirring, for 30 seconds. Add tomatoes, basil, oregano, and sugar. Cook over low heat for 10 minutes. Season with salt and pepper. Serve over cooked pasta of choice. |

| EASY CHEESY CHICKEN AND BROCCOLI | |
|--|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 can chicken broth (or 1 ¾ cups) • 2 cups instant brown rice • 1 bag frozen, cut broccoli • 1 10oz can chicken, drained (or 1 cup chopped chicken) • ¼ c parmesan cheese • 1 ½ c shredded cheddar cheese • ½ teaspoon garlic powder | <ul style="list-style-type: none"> • Bring broth to a boil in a medium saucepan. Stir in rice. Place broccoli and chicken over rice but do not stir in. Cover and cook 5 minutes. Remove from heat and let stand, covered, for 5 minutes. Stir in cheeses and garlic powder. Let stand, covered, for another 5 minutes. Serve. |



Broccoli. What can we say? A LOT! This amazing cruciferous vegetable is jam-packed with nutrients, such as vitamin C, potassium, vitamin B6, and vitamin A. It also contains a healthy dose of fiber! At 31 calories a serving, you can't beat this green gem!

| CORN CHOWDER | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 tablespoon oil • 1 medium onion, diced • 1 can white potatoes, drained and diced (or 1 large potato, diced and cooked) • 1 can corn, drained • 1 $\frac{3}{4}$ c broth • 1 cup water • 1 teaspoon dried thyme • 1 12oz can evaporated milk • salt and pepper | <ul style="list-style-type: none"> • Heat oil in a large pot over medium heat. Add onions and cook, stirring often for 2 minutes. Add potatoes, corn, broth, water, and thyme. Cover, bring to a boil, and simmer for 5 minutes. Add milk and simmer for another 5 minutes. Season with salt and pepper. • You can also blend the soup for a smooth, creamy version. |

| GARLIC CHICKEN WITH CABBAGE | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 4-5 pieces of chicken • 1 onion, chopped • 3-5 cloves garlic, minced • 2 cups broth or stock • 1 head green cabbage, chopped • 2 tablespoons oil • salt and pepper | <ul style="list-style-type: none"> • Heat oil in a large pan. Add garlic and onions and sauté for 1-2 minutes. Add chicken and brown 5-7 minutes on each side. Add cabbage and broth, cook for an additional 10 minutes or until cabbage is soft and chicken is cooked through. Season with salt and pepper. |

| CHICKEN JAMABALYA | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 tablespoon oil • $\frac{1}{2}$ bell pepper, diced • $\frac{1}{2}$ onion, diced • 1 can chicken (or 1 cup cooked, cubed) • 3 teaspoons taco seasoning • 2 cups broth/stock • 1 8oz can diced or crushed tomatoes • 1 cup instant rice | <ul style="list-style-type: none"> • In a large pot, heat oil over medium heat. Add in pepper and onion, sauté for 5 minutes. Add in chicken and taco seasoning, stir. Pour broth and tomatoes into the pot and bring to a boil. Once boiling, add rice, reduce heat to low, cover, and simmer for 5 minutes. Remove cover, stir, and cook until no liquid remains and the rice is tender. Serve alone or with cheese, sour cream, or guacamole. |

| CHEESY CHILI MAC | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 tablespoon oil • 1 onion, chopped • 2 cloves garlic, chopped (or garlic powder) • ½ pound ground beef • 2 tablespoons flour • 2 tablespoons chili powder (or taco seasoning) • 1 15 oz can tomato sauce • 1 can diced tomatoes • 2 cans beans, drained and rinsed (e.g. black, pinto, kidney) • 1 cup corn, frozen or canned • 2 cups elbow noodles • 2 cups broth • 1 cup shredded cheese | <ul style="list-style-type: none"> • In a large pot, heat oil over medium heat. Add onion and garlic, cook 1-2 minutes. Add ground beef and cook until it is fully browned. Drain excess oil. Add flour and chili powder to the pot and stir well. Cook 1-2 minutes. Add beans, tomato sauce, diced tomatoes, and corn to the pot. Stir well. Add noodles and broth. Stir to combine. Cover and bring to a boil. Stir once, then reduce heat to low and simmer for 15 minutes or until pasta is soft. Turn off heat, add cheese and mix well. |

| OVEN-ROASTED POTATO STACKS | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 tablespoons oil, divided • 3 russet or sweet potatoes, cut into ¼ inch slices • 1 cup shredded cheddar cheese • 1 head of broccoli, stem removed and cut into florets • 2 cups leftover chicken, finely chopped • 2 tablespoons barbeque sauce • 2 tablespoons plain yogurt or sour cream | <ul style="list-style-type: none"> • Pre-heat oven to 400 degrees and brush the oil onto 2 baking sheets. Arrange the potatoes on the baking sheets, and flip to coat both sides with oil. Bake 25 minutes, flip and bake 10 more minutes until golden brown. Sprinkle the cheese on top during the last 5 minutes of baking. Meanwhile, in a small bowl, add broccoli and a little water, cover, and microwave for 3 minutes. Allow to sit covered for 5 minutes. Drain the water and roughly chop the broccoli. In a small bowl, combine the barbeque sauce and yogurt. Sprinkle the broccoli and chicken on top of the potatoes. Drizzle with the creamy barbeque sauce and enjoy. |

SIDES

| RICE PILAF | |
|---|--|
| Ingredients: <ul style="list-style-type: none"> • 1 tablespoon oil • 1 ¼ cup brown rice • ½ cup dried fruit (e.g. apricots, raisins, dried cranberries) • ¾ teaspoon salt • 2 cups broth or stock • 1 cup water • ¾ cup nuts, toasted and chopped | Directions: <ul style="list-style-type: none"> • Heat oil in a saucepan over medium heat. Add rice and stir until grains are coated and hot. Increase heat to high. Add fruit, salt, broth, and water. Bring to a boil. Reduce heat to low and simmer for 25 minutes or until rice is cooked and no liquid remains. Add nuts and fluff with a fork to combine. |

| POTATO SALAD | |
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| Ingredients: <ul style="list-style-type: none"> • 4 potatoes • 3 stalks celery, chopped • ½ onion, chopped • 4 eggs, hard-boiled and chopped • 2 tablespoons mayonnaise • 2 tablespoons sour cream or plain Greek yogurt • 1 tablespoon vinegar • 1 tablespoon lemon juice • salt and pepper | Directions: <ul style="list-style-type: none"> • Cut potatoes into bite-sized piece. Boil in water until tender. Drain and set aside to cool. Once cool, combine with celery, onion, and eggs in a bowl. In a separate bowl, mix mayonnaise, sour cream, vinegar, lemon juice, salt, and pepper until combined. Pour over potato mixture and mix until coated. Store in refrigerator. |

| GREEN BEANS WITH CARAMELIZED ONIONS | |
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| Ingredients: <ul style="list-style-type: none"> • 1 can green beans, drained • 2 tablespoons oil • ½ onion, thinly sliced • 1 teaspoon lemon juice • salt and pepper • 1 teaspoon dried parsley, optional | Directions: <ul style="list-style-type: none"> • Place oil in a pan over medium heat. Add onions and cook 5-10 minutes, until the onions are golden brown and soft. Add green beans, lemon juice, and parsley (if using). Cook 2 minutes. Add salt and pepper to taste. |



Onions are a great staple to keep on hand. Not only do they last a long time, but they add tons of flavor to any dish. Onions are chocked full of antioxidants and are a source of vitamin C!

| FIREWORKS SLAW | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 cups cabbage, shredded • 1 cup carrot, shredded • 1 cup bell pepper, thinly sliced • 1 cup apple, thinly sliced • 3 tablespoons vinegar • 1 tablespoon oil • 1 teaspoon sugar • ½ teaspoon salt • ¼ teaspoon pepper | <ul style="list-style-type: none"> • In a large bowl, combine cabbage, carrot, bell pepper, and apple. Set aside. In a small bowl, combine vinegar, oil, sugar, salt, and pepper. Pour over cabbage mixture and toss until well coated. Stores for 4-5 days in refrigerator. |

| HOLIDAY SQUASH | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 pounds squash, cubed • ¼ cup walnuts or pecans • 2 tablespoons + 1 tablespoon oil • 1 teaspoon dried sage or poultry seasoning • ¼ teaspoon salt • ¼ teaspoon pepper • ¼ cup dried cranberries or raisins • 1 ½ tablespoons maple syrup | <ul style="list-style-type: none"> • Preheat oven to 375°. Mix squash, sage, salt, pepper, and 2 tablespoons of oil. Spread mixture on a baking sheet and roast for 35 minutes, stirring once. While the squash is cooking, heat remaining 1 tablespoon of oil in a small pan. Add nuts and cook until fragrant. Stir in cranberries and maple syrup. Pour over squash and toss to combine. |

| PINEAPPLE RICE | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 cup white rice, uncooked • 2 cups water • 6 slices canned pineapple in 100% juice • 2 tablespoons vegetable oil • ¼ cup onion, chopped • 1 clove garlic, chopped • ½ cup pineapple juice from can of pineapple slices | <ul style="list-style-type: none"> • Bring water to a boil in a medium saucepan. Add rice and cook over low heat for 15 minutes. In a skillet, cook pineapple slices for 2 minutes on each side. Remove and cut into small pieces. Heat oil in frying pan and add onion and garlic. Cook until soft. Add pineapple and juice. Cook until the liquid is almost gone. Stir into rice and serve. |



A serving of pineapple packs a whopping 721% of the recommended daily value of vitamin C! A sweet treat with an even sweeter nutritional profile, try adding pineapple to sweet and savory dishes!

| SWEET POTATO FRIES | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 5 sweet potatoes, peeled • 1 tablespoon oil • ½ teaspoon paprika • 2 teaspoons salt • 1 teaspoon black pepper • 1 teaspoon garlic powder | <ul style="list-style-type: none"> • Preheat oven to 450°. Line a sheet tray with foil. Cut sweet potatoes into ¼ inch thick strips. Toss with oil and coat with paprika, salt, pepper, and garlic powder. Spread in a single layer onto baking sheet. Bake until sweet potatoes are golden brown and tender, about 20 minutes, stirring halfway through. |

| CREOLE-STYLE GREEN BEANS | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 teaspoons oil • 2 cloves garlic, chopped (or garlic powder) • 1 16oz package frozen green beans (or two cans) • 1 cup bell pepper, chopped • 1 cup tomatoes, chopped • ½ cup celery, chopped • ½ teaspoon salt • ¼ teaspoon cayenne pepper | <ul style="list-style-type: none"> • Heat oil in a large skillet over medium heat. Saute garlic for 1 minute. Add bell pepper and green beans (if using frozen). Increase heat to medium and cook for 7 minutes. Stir in tomatoes, celery, seasonings, and green beans (if using canned). Cook for another 7 minutes. Serve while hot. |

| CITRUS SPINACH SALAD | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 4 cups fresh spinach • 2 cups peeled orange segments (or one 15 oz can mandarin oranges, drained) • 1 thinly sliced red onion • 1 tablespoon oil • 1 tablespoon vinegar • 3 tablespoons orange juice • salt and pepper, to taste | <ul style="list-style-type: none"> • In a large bowl, combine spinach, oranges, and onion. Set aside. In a small bowl, combine oil, vinegar, orange juice, salt, and pepper. Mix well. Pour over spinach mixture and toss to coat. Serve cold. |



Vinegar is a great pantry staple to keep on hand, but which one should you choose if you can only pick one? Go with apple cider vinegar! Salad dressings, marinades, pickles, and more get their zing from this ama"zing" pantry addition.

| SWEET POTATO HASH | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 sweet potatoes, peeled and diced • 1 large onion, chopped • 1 apple, chopped • 1 tablespoon butter • 1 tablespoon oil • ¼ teaspoon salt • ¼ teaspoon pepper | <ul style="list-style-type: none"> • Heat the butter and oil together in a large skillet over medium heat until butter is brown. Add sweet potatoes and cook until they begin to brown, stirring often. Add in onions and cook until they soften, about 5 minutes. Add in apples. Cook until the sweet potatoes are tender. Season with salt and pepper. |

| EGG FRIED RICE | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 cup long-grain rice • 1 can mixed vegetables (or 1 cup frozen) • 2 eggs • 1 -2 tablespoons oil • salt and pepper, to taste | <ul style="list-style-type: none"> • Put rice and two cups of water in saucepan over medium heat. If using frozen, add vegetables. Turn heat to low, cover, and simmer for 10 minutes. Meanwhile heat one TBSP oil in large frying pan, add eggs, scramble. Add additional TBSP of oil and heat for a minute, and then add cooked rice and vegetables (if using canned) to pan. Mix well. Fry, stirring occasionally, for seven minutes. Serve hot. |

| ITALIAN STYLE VEGETABLES | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 can diced tomatoes, drained • 1 can green beans, drained • 2 cans corn, drained • 2 tablespoons oil • 1 onion, sliced • 1 zucchini, halved and sliced • 1 garlic clove, chopped (or garlic powder) • ½ teaspoon dried oregano or Italian seasoning • salt and pepper, to taste | <ul style="list-style-type: none"> • Heat oil in a large skillet over medium heat. Add onion and cook until soft. Add all other ingredients. Cook 5-7 minutes. Serve hot. |

| VEGETABLE RISOTTO | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 cups uncooked rice • 1 onion, chopped • 1 can mixed vegetables (or 1 cup frozen, thawed) • 1-5 cups broth (as needed) • 1 ½ cans creamed corn • 2 teaspoons oil • ½ cup water • salt and pepper, to taste | <ul style="list-style-type: none"> • In a saucepan, warm together the creamed corn, 1 ½ cups broth, and ½ cup water. Set aside. In a large saucepan, heat oil. Add onion and cook until soft. Add rice, salt, and pepper; stir to combine. Add the broth/corn mixture and 1 cup of broth to the rice. Cook over low heat, stirring often. Continue to add broth in 1 cup increments until rice is cooked through. The mixture should be creamy. Add vegetables and warm through. Serve hot. |

| SPICY SWEET BRUSSELS SPROUTS | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 pounds Brussels sprouts • 2 tablespoons oil • 2 tablespoons honey • 1 tablespoon sriracha (or other hot sauce) • ½ teaspoon garlic powder • ¼ teaspoon salt • ½ teaspoon lemon or lime juice | <ul style="list-style-type: none"> • Preheat oven to 400°. Trim brussels sprouts and cut in half. Set aside. Whisk together the oil, honey, sriracha, garlic powder, salt, and lemon juice in a large bowl. Add sprouts and toss to coat. Spread in an even layer on a greased sheet pan. Bake for 30-35 minutes, or until deep golden brown and crispy on the outside, tender on the inside. |

| PANZANELLA SALAD | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 large cucumber, seeded and chopped • 2 tomatoes (or 1 8oz can diced tomatoes, drained) • 4 slices stale bread, toasted and ripped into bite-sized pieces • 1 TBSP lime or lemon juice • 2 tablespoons oil • ¼ teaspoon salt • ¼ teaspoon pepper • 1 jalapeno, seeded and diced, optional | <ul style="list-style-type: none"> • In a small bowl, mix lime juice, oil, salt, pepper, and jalapeno (if using). Set aside. In a large bowl, mix cucumber, tomato, and bread. Pour in lime juice mixture and toss well. Let sit for 5 minutes before serving. |

SNACKS

| RANCH DIP | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none">• 1 cup Sour Cream or Greek Yogurt (Plain)• ½ packet of Ranch Dressing Mix• Dippers (Vegetables, potato chips, tortilla chips, or pita) | <ul style="list-style-type: none">• In a bowl, mix the sour cream (or Greek yogurt) and ranch dressing mix until thoroughly combined. Use as a dip, sandwich spread, or dressing. Refrigerate any leftovers. |

| TROPICAL SALSA | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none">• 1 can peaches, drained and chopped• 1 can pineapple, drained and chopped• 1 can black beans, drained and rinsed• 1 cup cucumber, chopped• 2 tablespoons lime juice• ¼ c cilantro (optional) | <ul style="list-style-type: none">• In a medium bowl, combine all ingredients. Serve with tortilla chips or on top of quesadillas. |

| BROWN RICE FRUIT SALAD | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none">• 1 cup brown rice• 1 can fruit, drained and chopped (any kind)• 2 tablespoons raisins• ¼ cup walnuts or pecans, chopped• ½ cup vanilla yogurt• 1 tablespoon lemon juice• 1 tablespoon honey | <ul style="list-style-type: none">• In a large bowl, mix rice, fruit, raisins, and walnuts. Set aside. In a small bowl, blend yogurt, lemon juice, and honey to make a dressing. Add dressing to rice mixture and stir well. Serve cold. |



Yogurt is an underrated addition in many kitchens. Plain Greek yogurt is often less expensive than its sweetened counterparts and is much more versatile. Use it in place of sour cream in savory dishes or replace half the mayonnaise for plain Greek yogurt in potato salad to lighten it up! For a sweeter version, add honey and fruit for a healthy, delicious snack.

| PEANUT BUTTER ENERGY BITES | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • ½ cup peanut butter • 1/3 cup honey • ½ teaspoon vanilla • 1 cup oats | <ul style="list-style-type: none"> • Mix peanut butter, honey, and vanilla until smooth. Add oats and mix well. Refrigerate for 1 hour. Roll into 1-inch balls. Store in an airtight container in the refrigerator for up to two weeks. |

| PEANUT BUTTER HUMMUS | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 can white beans, drained and rinsed • ¼ cup peanut butter • ¼ cup maple syrup • 1 teaspoon vanilla • ¼ teaspoon cinnamon • ¼ teaspoon salt | <ul style="list-style-type: none"> • Combine all ingredients in a food processor or blender. Blend until smooth. Serve with apple slices and graham crackers, use as a sandwich spread, or add to oatmeal. |

| SWEET POTATO NACHOS | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 3 medium sweet potatoes • 1 Tbsp. olive oil • 1 tsp. chili powder • 1 tsp. garlic powder • 1 1/2 tsp. paprika • 1/3 cup black beans, drained and rinsed • 1/3 cup shredded cheddar cheese • 1/3 cup chopped tomato or canned, diced tomatoes, drained and rinsed | <ul style="list-style-type: none"> • Preheat oven to 425°. Cover baking pan with foil and spray with nonstick cooking spray. Peel and slice the potatoes into thin rounds (about 1/4 inch thick). In a bowl, toss the potato rounds with oil, chili powder, garlic powder, and paprika. Spread evenly on prepared pans and bake for 10 minutes. Flip rounds and bake for another 5-10 minutes, or until crisp. Remove from oven and sprinkle with cheese and beans. Return to oven for 2 minutes, or until cheese is melted. Top with chopped tomatoes. |



Sweet potatoes are a tasty way to add more vitamins and minerals to your diet. High in beta carotene, vitamin E, vitamin C, iron, potassium, and vitamin B6, these powerhouse tubers are great!

| CRISPY ZUCCHINI SLICES | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 3 zucchinis • 1 tablespoon oil • ¼ cup parmesan cheese, grated • 2/3 cup corn flake cereal, crushed into crumbs • 1/8 teaspoon black pepper | <ul style="list-style-type: none"> • Preheat oven to 450°. Lightly coat a sheet pan with nonstick spray or oil. Slice zucchini into ¼ inch rounds. Place in a large plastic bag and add oil. Shake well. Combine cheese, cereal, and pepper and place in a small bowl. Press both sides of the zucchini into the mixture and place in a single layer on the baking sheet. Bake for 10 minutes or until brown and crisp, flipping halfway through. |

| SWEET HEAT PRETZELS | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 4 cups miniature pretzels • 1 egg white • 1 tablespoon water • ½ cup brown sugar • 1 ½ teaspoons cinnamon • 1/8 teaspoon ground chipotle pepper (or chili powder or ginger) | <ul style="list-style-type: none"> • Preheat oven to 350°. In a small bowl, whisk water and egg white until frothy. Stir in brown sugar, cinnamon, and pepper. Pour over pretzels and toss to coat. Spread on a lightly greased cookie sheet and bake for 10-12 minutes or until pretzels are dry. Cool and store in an airtight container. |

| TOASTED ROASTED CHICKPEAS | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 can chickpeas, drained and rinsed • 1 tablespoon oil • ½ teaspoon salt • ½- 1 teaspoon additional seasoning (e.g. taco seasoning, dry ranch dressing mix, curry powder, cinnamon and ginger) | <ul style="list-style-type: none"> • Preheat oven to 400°. Lightly grease a sheet pan and set aside. In a medium sized bowl, combine all ingredients and mix well. Pour onto baking sheet and bake for 20 minutes or until crisp, stirring every once halfway through. Cool and store in an airtight container. |

| PANTRY SALSA | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 14oz can diced tomatoes with chiles • 1 small onion, chopped • ¼ cup cilantro • ½ teaspoon cumin • ½ teaspoon salt • 1 tablespoon lime juice (or lemon) | <ul style="list-style-type: none"> • Place all ingredients into food processor or blender and blend until desired consistency. Serve with tortilla chips or vegetables. |

| KALE CHIPS | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 bunch kale • 1 tablespoon oil • 1 teaspoon salt | <ul style="list-style-type: none"> • Preheat oven to 350°. Remove the stems from kale. Rip leaves into medium sized pieces. Toss with oil and salt. Place on a single layer on the sheet pan and bake for 10-15 minutes or until kale is crispy. |

| PIZZA WRAPS | |
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| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 4 flour tortillas • ½ cup tomato sauce (or spaghetti sauce, pizza sauce) • 1 cup shredded cheese • toppings (e.g. vegetables, meats, pineapple) | <ul style="list-style-type: none"> • Preheat oven to 500° or broil. Lightly grease a sheet pan. Lay the tortillas on the sheet pan, leaving room between each of them. Spread sauce evenly on each of the tortillas. Sprinkle with cheese and add toppings. Broil for 1 minute or until cheese is golden brown. Let cool for 1 minute, then remove from tray and fold in half. Serve warm. |

EASY DEVEILED EGGS

| Ingredients: | Directions: |
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| <ul style="list-style-type: none">• 6 eggs• ¼ cup mayonnaise• 1 teaspoon white vinegar• 1 teaspoon yellow mustard• 1/8 teaspoon salt• pepper or paprika, to taste | <ul style="list-style-type: none">• Place eggs in a medium saucepan and add cold water to generously cover eggs. Heat on high until boiling, cover, reduce heat to low and cook for 1 minute. Remove saucepan from heat and leave covered for 14 minutes. Drain eggs, run under cool water for 1 minute, then peel. Gently dry eggs and cut in half lengthwise. Remove yolks and place in a small bowl. Mix yolks with mayonnaise, vinegar, mustard, and salt until smooth. Spoon filling into the egg whites and lightly top with pepper or paprika. |

RANCH CRACKERS

| Ingredients: | Directions: |
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| <ul style="list-style-type: none">• ¾ cup oil• 1 packet ranch dressing mix• 2 10 oz packages oyster crackers (or saltines) | <ul style="list-style-type: none">• Place crackers in a large bowl. Mix oil and ranch dressing mix in small bowl and pour over crackers. Toss to coat. Let stand 1 hour before serving, or place in a 350° oven for 15 minutes, stirring frequently. |

CAULIFLOWER TOTS

| Ingredients: | Directions: |
|---|---|
| <ul style="list-style-type: none">• 2 cups zucchini, shredded and squeezed dry• 1 cup shredded cheese• 1 egg• ¼ teaspoon garlic powder• salt and pepper, to taste | <ul style="list-style-type: none">• Preheat oven to 375°. Place zucchini in a clean kitchen towel. Gather the corners of the towel and twist to wring out moisture from zucchini. Place zucchini in a bowl and add cheese, egg, garlic powder, salt, and pepper. Mix well. Using clean hands, form 2-inch balls and place on a greased cookie sheet. Bake for 12-15 minutes or until the tots are golden brown on the edges and middle is firm. Let cool for 5 minutes and serve. |

DESSERTS

| PINEAPPLE IMPOSSIBLE CAKE | |
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| Ingredients: <ul style="list-style-type: none"> 1 box angel food cake mix (or white/yellow cake mix) 1 20 oz can crushed pineapple in 100% juice | Directions: <ul style="list-style-type: none"> Preheat oven to 350°. Combine cake mix with pineapple. Using a hand mixer, mix on low for 30 seconds, then at medium speed for 1 minute. Pour batter into 2 9" loaf pans and place in middle rack of oven. Bake for 40 minutes or until top is golden brown. Set pans on their side and let cool completely before serving. |

| PINEAPPLE WHIP | |
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| Ingredients: <ul style="list-style-type: none"> 1 bag frozen pineapple 1 cup milk | Directions: <ul style="list-style-type: none"> Place pineapple in blender and begin to blend. Slowly add in milk until a thick, ice-cream like texture is reached. Serve immediately. |

| EASY APPLE CRISP | |
|---|---|
| Ingredients: <ul style="list-style-type: none"> 4 apples, sliced 2 teaspoons butter or margarine, melted 1 cup oats, uncooked 1/3 cup brown sugar 1 teaspoon cinnamon | Directions: <ul style="list-style-type: none"> Preheat oven to 400°. Place apples in a 13x9 pan and set aside. In a small bowl, mix oats, butter, brown sugar, and cinnamon until thoroughly mixed. Sprinkle over apples. Bake 15-20 minutes or until topping is crisp and apples are cooked through. |



An apple a day may not keep the doctor away, but eating this crunchy fruit has other benefits! Just one apple adds (on average) 4 grams of fiber, 14% of the recommended daily allowance of vitamin C, and a plethora of antioxidants. Try granny smith for baking, golden delicious in applesauce, and fuji, gala, or honeycrisp for eating all by themselves.

| RICE PUDDING | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • ¼ cup rice • ¾ cup milk • ¼ cup raisins or other dried fruit • ¼ cup sugar • ¾ teaspoon vanilla • ¼ teaspoon salt • ¼ teaspoon cinnamon | <ul style="list-style-type: none"> • Add rice and raisins to a small saucepan. Add two cups water and cook per package directions. In a small bowl, mix milk, sugar, vanilla, salt, and cinnamon. Pour over cooked rice and raisins. Chill in refrigerator and serve cold. |

| EASY PEANUT BUTTER COOKIES | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2/3 cup peanut butter • 2/3 cup sugar • 1 egg • 1 teaspoon vanilla | <ul style="list-style-type: none"> • Preheat oven to 350°. Combine all ingredients in a small bowl and mix well. Drop by tablespoon onto a greased baking sheet. Flatten cookies slightly with a fork. Bake for 15 minutes, or until just golden brown on the edges. Cool and serve. |

| SALTY SWEET POPCORN | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 bag popcorn • 2 teaspoons cinnamon • ½ cup chocolate chips • 2 teaspoons butter or oil | <ul style="list-style-type: none"> • Pop popcorn per package instructions. Pour into a large bowl, being careful to remove any unpopped kernels. In a small saucepan over low heat, melt together cinnamon, chocolate chips, and butter. Drizzle over popcorn and toss until fully coated. |

| TRAIL MIX CAKIES | |
|---|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 box chocolate cake mix • 1 cup chocolate chips • ½ cup oats • ½ cup raisins • ½ cup oil • 2 eggs, beaten | <ul style="list-style-type: none"> • Preheat oven to 350°. Mix all ingredients in a large bowl until combined. Drop tablespoons full of batter onto a greased cookie sheet. Bake 7-9 minutes or until the cookies are brown around the edges. Cool and serve. |

| CARMELIZED BANANAS | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 bananas, peeled • 1 tablespoon butter • 2 tablespoons brown sugar • ½ teaspoon salt • 1/8 teaspoon cinnamon | <ul style="list-style-type: none"> • Melt butter in a skillet over medium-high heat. Add sugar, salt, and cinnamon to butter and let cook for 1 minute. Cut bananas into ½ inch rounds and add to pan. Cook two minutes, flip, then cook another 2 minutes. Serve alone, over ice cream, or with yogurt. |

| WATERMELON SORBET | |
|---|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 cups watermelon, cut into chunks and frozen • ½ cup yogurt • ¼ cup sugar • 1 teaspoon vanilla (or lemon, lime juice) | <ul style="list-style-type: none"> • Place all ingredients in a blender or food processor. Blend until just smooth. Serve immediately and freeze any leftovers. |

| EASY GRANOLA | |
|---|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 cups oats • ¼ cup nuts or seeds • ½ teaspoon cinnamon • 2 tablespoons oil • 4 tablespoons honey • ½ cup raisins or other dried fruit | <ul style="list-style-type: none"> • Preheat oven to 325°. Combine all ingredients <i>except raisins</i> in a large bowl and mix well. Spread evenly onto a sheet pan. Bake until brown, about 30 minutes, stirring every 10 minutes. Add in raisins and allow to cool. Store in an airtight container. |

| BANANA POPS | |
|--|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 slightly underripe bananas, peeled and cut in half • 2 tablespoons peanut butter • toppings (e.g. chopped nuts or seeds, coconut, sprinkles, mini chocolate chips) | <ul style="list-style-type: none"> • Place a popsicle stick or skewer halfway through the cut end of the banana. Coat with peanut butter and roll in desired toppings. Place on a plate or small tray and freeze until hard. Eat frozen. |

| APPLESAUCE COOKIES | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 cups oats • ½ cup applesauce • ½ cup pumpkin, canned • ¼ cup sugar • ¼ teaspoon salt • ¼ teaspoon cinnamon | <ul style="list-style-type: none"> • Preheat oven to 350°. Blend oats in a blender or food processor for 10-15 seconds. Place in a large bowl and mix in all other ingredients. Drop by tablespoon onto a greased cookie sheet. Bake for 12-15 minutes or until just brown on the edges. Cool and serve. |

| BAKED CUSTARD | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 2 ½ cups milk • 4 eggs • ½ cup sugar • 1 teaspoon vanilla • dash of cinnamon or nutmeg | <ul style="list-style-type: none"> • Preheat oven to 350°. Grease a 5 cup baking dish and place in a 13x9 baking dish. Set aside. In a small saucepan over medium-low heat, heat the milk until just before it boils. While the milk is heating, whisk the eggs, sugar, and vanilla in a small bowl until sugar dissolves and the mixture turns light yellow. Slowly pour in the hot milk, continuously whisking. Pour mixture into prepared baking dish. Take the nested baking dishes and place onto the center rack of the oven. Pour hot water into the larger dish until the water comes halfway up the side. Bake for 20 minutes, or until the custard is set, but still wobbly in the middle. Serve warm or cold, with fruit or alone. |



Milk; it does a body good! This nutrient-packed beverage contains not only calcium, but protein, potassium, magnesium, and vitamin B6. Can't stomach the cow's milk? Fortified alternative milks can also provide a great source of these vitamins. Rice, oat, soy, coconut, and variout nut milks are all great options. Make sure you check the labels to ensure you're getting as many nutrients as possible!

| STRAWBERRY ICEBOX CAKE | |
|--|--|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 large container whipped cream • 11 full-sized graham crackers • 3 cups strawberries, chopped (can use any fresh or frozen fruit) | <ul style="list-style-type: none"> • In a 9x9 baking dish, spread a thin layer of whipped cream. Layer enough graham crackers on the bottom to cover. Cover with a thick layer of whipped cream and sprinkle with strawberries. Continue layering graham crackers, whipped cream, and strawberries until all ingredients have been used. Refrigerate for at least 3 hours before serving. |

| BIRTHDAY CAKE BLONDIES | |
|---|---|
| Ingredients: | Directions: |
| <ul style="list-style-type: none"> • 1 box yellow cake mix • 1 egg • ½ cup milk • 1/3 cup oil • 1 cup white chocolate chips (or milk chocolate chips) • 1/3 cup sprinkles | <ul style="list-style-type: none"> • Preheat oven to 350°. Combine cake mix, egg, milk, and oil in a bowl until thoroughly mixed. Stir in chips and sprinkles. Batter will be thick. Spread into a greased 13x9 or 15x10 pan. Bake 18-20 minutes or until a toothpick inserted into the center comes out clean. Cool and cut into squares. |



Banana Pops

IF YOU HAVE \$5...

You could purchase:

- Long grain enriched rice, 32oz. (\$1.26)
- Pinto beans, dried, 16oz. (\$1.00)
- Peas and carrots, frozen, 12 oz. (\$0.84)
- Bananas, 3 each (\$0.72)
- Eggs, large, 6 count (\$0.71)

\$4.53 Total

OR

- Wheat sandwich bread, 20oz. (\$0.88)
- Chunk light tuna in water, 5oz., 2 cans (\$1.36)
- Sliced carrots, canned, 8.25oz., 2 cans (\$0.76)
- Gala apples, 2 each (\$1.14)
- Kale greens, 1 bunch (\$0.78)

\$4.92 Total

OR

- Beef chorizo, 9 oz. (\$1.00)
- 6" corn tortilla, 30 count (\$1.48)
- Long grain enriched rice, 32oz. (\$1.26)
- No salt added whole kernel corn, 15oz. (\$0.38)
- Yellow onion, 1 each (\$0.70)

\$4.82 Total

OR

- Elbows pasta, 16oz. (\$0.82)
- Traditional pasta sauce, 24oz. (\$0.88)
- Wheat sandwich bread, 20oz. (\$0.88)
- Smooth peanut butter, 18oz. (\$1.18)
- Bananas, 3 each (\$0.72)
- No salt added cut green beans, 14.5oz. (\$0.50)

\$4.92 Total

*Prices based on Walmart Grocery, June 9th, 2020. Prices may vary.

IF YOU HAVE \$10...

You could purchase:

- Eggs, large, 12 count (\$1.24)
- Mozzarella cheese, 16oz. (\$1.43)
- Wheat sandwich bread, 20oz. (\$0.88)
- Elbows pasta, 16oz. (\$0.82)
- Traditional pasta sauce, 24oz. (\$0.88)
- Wheat sandwich bread, 20oz. (\$0.88)
- Smooth peanut butter, 18oz. (\$1.18)
- Bananas, 3 each (\$0.72)
- Crinkle cut carrots, frozen, 12oz. (\$0.77)
- Broccoli and cauliflower, frozen, 12oz. (\$0.98)

\$9.78 Total

OR

- Long grain enriched rice, 32oz. (\$1.26)
- Pinto beans, dried, 16oz. (\$1.00)
- Beef chorizo, 9 oz. (\$1.06)
- Seasoning blend, frozen, 10oz. (\$1.16)
- Broccoli florets, frozen, 12oz. (\$0.98)
- Whole kernel corn, frozen, 12oz. (\$0.84)
- Eggs, 12 count (\$1.24)
- Sharp cheddar cheese, 8oz. (\$1.74)
- Bananas, 3 each (\$0.72)

\$10.00 Total

OR

- Russet potatoes, 2 pounds (\$1.96)
- Greek yogurt, plain, 5.3oz, 2 count (\$1.28)
- Sharp cheddar cheese, 8oz. (\$1.74)
- Long grain enriched rice, 32oz. (\$1.26)
- Pinto beans, dried, 16oz. (\$1.00)
- Broccoli florets, frozen, 12oz. (\$0.98)
- Whole kernel corn, frozen, 12oz. (\$0.84)
- Bananas, 3 each (\$0.72)

\$9.78 Total

IF YOU HAVE \$20...

You could purchase:

- Wheat sandwich bread, 20oz. (\$0.88)
- 2% Milk, 0.5 gallon (\$1.54)
- Chicken thighs, frozen, 64oz. (\$4.73)
- Brown rice, 32oz. (\$1.26)
- Iceberg lettuce, 1 head (\$1.28)
- Honey nut oat cereal, 12.25oz (\$1.23)
- Gala apples, 3 lb. bag (\$2.98)
- Diced tomatoes, canned, 14.5oz., 2 each (\$0.92)
- Peanut butter, 18oz. (\$1.18)
- Thin spaghetti, 16oz. (\$0.82)
- Green beans, frozen, 12oz. (\$0.84)
- Cauliflower, frozen, 12oz. (\$0.98)
- Eggs, 12 count (\$1.24)

\$19.78 Total

OR

- Wheat sandwich bread, 20oz. (\$0.88)
- 2% Milk, 0.5 gallon (\$1.54)
- 73%/27% Lean ground beef, 1 pound (\$3.98)
- Black beans, 32oz. (\$2.22)
- Brown rice, 32oz. (\$1.26)
- Sweet potatoes, 3 lb. (\$2.94)
- Diced tomatoes, canned, 14.5oz., 2 each (\$0.92)
- Carrots, 2 lbs. (\$1.44)
- Oranges, 2 each (\$1.74)
- Flour tortillas, 17.5oz. (\$1.44)
- Peanut butter, 18oz. (\$1.18)

\$19.54 Total

OR

- Chunk light tuna, 5oz, 4 each (\$2.72)
- Eggs, 12 count (\$1.24)
- Mild cheddar cheese, 8oz. (\$1.74)
- Cottage cheese, 24oz. (\$1.78)
- Pineapple chunks, 20oz., 2 cans (\$1.96)
- Mixed vegetables, frozen, 32oz. (\$1.94)
- Chopped spinach, frozen, 12oz. (\$0.98)
- Brown rice, 32oz. (\$1.26)
- Wheat sandwich bread, 20oz. (\$0.88)
- 2% Milk, 0.5 gallon (\$1.54)
- Oranges, 4 each (\$3.48)

\$19.52 Total

FRUGAL TIPS

- Looking for fresh produce? Shop in season! In season produce is often quite cheap and always delicious. If you have the ability, but extra and freeze for a taste of summer all year long! Bananas, apples, and oranges are low-cost options throughout the year.
- Check the discount section! Many stores have areas where food that is close to its expiration date is highly discounted. Eat right away or freeze for longer storage.
- Baking from scratch can be less costly than buying pre-made. Flour, baking powder, baking soda, and yeast are great pantry staples to keep on hand and are the basis for almost all baked goods and last nearly indefinitely in the pantry.
- Grow your own food! Yes, it's possible, even in the smallest of spaces. A cup with some soil and a sunny windowsill is all that's needed to grow herbs, lettuce, or green onions.
- Bulk up! Buying in the bulk section of the grocery store can offer better prices per serving than pre-packaged goods, but not always. Check the "price per" on the label to ensure you are making a good choice.
- S t r e t c h! Add low-cost staples like rice, oatmeal, frozen vegetables, or potatoes to meat dishes to add additional nutrition and make the meal go further.
- Save those scraps! Bones from meat can be made into a rich stock, vegetable scraps can be boiled with water to make a great broth. Some scraps can even be re-grown into new vegetables! Check this link for more information-
<https://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scraps>
- Basic doesn't have to be boring. Using different oils, spices, and herbs can liven up any dish. Look for low-cost seasoning blends or pre-mixed packets to add flavor to a bland meal.
- Look high, look low. Supermarkets place their most expensive brands at about eye level. Always check the brands at the top and the bottom of a shelf, which is usually where you'll find the least expensive (and equivalent) products.
- Shop around. If you are able, compare prices at several different stores. One store may have better prices on meat, while produce may be more affordable at another. Browsing their weekly ads online can give you a good idea where to shop, without taking the time or cost to get there.
- Go with a list. Separate your grocery list into "needs" and "wants." If you have room in your budget after getting all the items on the "needs" section, then start purchasing items from the "wants" section. Having a list also helps you stay in budget by reducing forgotten items and impulse buying.
- Coupon smart! Money off an item is great, but only if you were planning on buying that item without a coupon. Stay away from over-priced name-brands; even with a coupon, they are often more expensive than a generic brand.

RESOURCES

- MyPlate guidelines from the USDA-
https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/mini_poster_0.pdf
- Eating Healthy on a Budget-
<https://www.choosemyplate.gov/eathealthy/budget>
- Seasonal Produce Guide-
<https://theicn.org/cnss/whats-in-season/>
- Grocery Budget Calculator-
<https://spendsmart.extension.iastate.edu/plan/what-you-spend/>
- Meal Planning to Save Money-
<https://eatsmartmovemoreva.org/plan/meal-planning/>
- Especially for Moms- a Focus on Child Nutrition
<https://www.fns.usda.gov/core-nutrition/especially-moms>
- Nutritional Facts: Cool Tips for Kids
<https://www.fda.gov/media/89325/download>
- North Carolina Food and Nutrition Services-
<https://www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps>
- North Carolina Women, Infants, and Children Nutrition Program-
<https://www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps>