



The Ability Center for Independent Living

Project food security

I know it's not always easy planning nice meals on a budget, but living on hot dogs and macaroni and cheese is NOT an option either.

Money saving tips:

*Always make out a shopping list. Shop and stick to the list.

*Clip coupons from newspapers, magazines, or the Internet for products that you buy routinely.

*Consider stocking up on frequently used items while they're on sale.

*Play around with spices. Cooks add ingredients like coriander, cumin and turmeric to build depth in dishes that contain large amounts of vegetables.

*Using less expensive cuts or better yet cutting back on meat can really help you save money on your grocery bill and also will produce healthier meals for your family .

*shop for quick low fat food items and fill your kitchen cupboards with a supply of lower calorie basics

IDEAS

Breakfast Burrito

Ingredients:

4 pre-made hash brown patties
4 eggs
Grated cheese
Garlic salt
1/2 pound pork sausage
1 T. cooking oil
Flour tortillas

Directions:

Brown sausage in a large skillet, drain and then set aside. Next, brown the hash brown patties. Then join the sausage and hash brown patties together and add eggs and garlic salt. Continue to brown and stir food for another 5 min. Serve on a warm flour tortilla and sprinkle cheese on top!

Baked Potato Soup

Ingredients:

1/2 lb bacon
1 medium onion, diced
1 clove garlic, chopped
1 c. celery, chopped (we prefer with tops)
5 lb bag potato's, peeled and diced
8 c. water
6 bouillon cubes, (if 1 cup cubes)
4 ounces (half block) cheddar cheese, shredded

Directions:

Fry bacon in Dutch oven until crisp, remove bacon from pot, drain fat reserving about 2 table-spoons. Fry onion, garlic, and celery in bacon fat until tender, not browned.

Add water, potatoes, and bouillon and bring to a boil. Reduce heat to simmer, and cover, simmering until potatoes are tender. Stir in cheese until melted into soup. Stir in crumbled bacon, and serve. This recipe serves about 6 to 8, considering most families eat more than a normal 1 cup serving.

Copyright © 2001 by [Michelle Jones](#),

The new National Heart, Lung, and Blood Institute Obesity Guidelines recommend trying different ethnic cuisines to give yourself a taste treat while counting calories and fat. Many ethnic cuisines offer lots of low fat, low calorie choices. terms to look for when making your selection:

Chinese

- Steamed
- **Jum** (poached)
- **Kow** (roasted)
- **Shu** (barbecued)
- Steamed rice

Italian

- Red sauces
 - **Primavera** (no cream)
 - **Piccata** (lemon)
 - Sun-dried tomatoes
 - Crushed tomatoes
 - Lightly sautéed
- Grilled

Mexican

- Spicy chicken
 - Rice & black beans
 - Salsa or Picante
- Soft corn tortillas

The Food and Nutrition Service (FNS) administers the food and nutrition assistance programs in the U.S. Department of Agriculture. FNS provides children and needy families with better access to food and a more healthful diet through its programs and nutrition education efforts.

Resources:

- [Women, Infant, and Children \(WIC\) Program](#)
 - [Supplemental Nutrition Assistance Program](#)
 - [School Meals](#)
 - [Food Distribution Programs](#)
 - [Disaster Assistance](#)
 - [Child and Adult Care Food Program](#)
 - [Summer Food Service Program](#)
 - [Farmers Markets Nutrition Programs](#)
- [Nutrition Education](#)

Learn If You or Someone You Know

Might Be Eligible for the Supplemental Nutrition Assistance Program (SNAP)

How to Apply: Contact your State distributing agency or I.S.D near you for further assistance. Or visit www.fns.usda.gov/fdd.

Information sheet made possible through a grant by:

The Carl C. Anderson, Sr. and Marie Jo. Anderson Charitable foundation.

