



April 2018 Newsletter

Eat Healthy While Staying Within Your Budget

Most of us face the challenge of staying within our monthly budget. When it comes to buying food, particularly healthy food, it can seem overwhelming to get the things that are best for our families while keeping an eye on our food dollars.

Are the rumors true?

The Center for Science in the Public Interest (2013) found that the average shopper believes that fruits and vegetables are more expensive than snack foods like potato chips and cookies. Many also believe it is cheaper to buy fast food than to buy and prepare more nutritious foods in the home.

However, the facts don't bear this out.

The USDA provides some interesting facts about the actual cost of buying healthier foods in comparison with junk foods.

A few highlights:

- Substituting a ¼ cup of dried raisins for a 1-ounce chocolate-chip cookie saves 14 calories and only costs 3 cents more.
- Replacing 1.1 ounces of potato chips with ½ cup of strawberries saves 142 calories and adds only 14 extra cents.

- Instead of 4.1 ounces of ready-to-eat pudding, you can have ½ cup of baby carrots and save 130 calories for only 19 cents more.
- A 30-ounce frozen dinner can cost about \$7. The same money buys a loaf of whole grain bread, a package of lean meat, fruit, and vegetables.

These highlights illustrate that there isn't much difference in the price you pay when choosing between healthier snack foods and junk foods. More importantly, substituting fruits and vegetables for high-fat snacks may reduce the risk of the onset of chronic diseases in adults in your home and you'll reduce the likelihood of the onset of childhood obesity in your children.

Eating healthier while staying within your budget is possible. You can do it!



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Recipe of the Month

(Source: adapted from the USDA Mixing Bowl)

This is a great option for staying within your budget while providing a nutritious meal for your family.

Broccoli Rice Casserole (Makes: 12 servings)

Ingredients:

1 ½ cups of rice
3 ½ cups of water
1 onion (medium, chopped)
1 can of cream of mushroom, or celery or cheese soup (10.75 ounces, condensed, reduced sodium)
1 ½ cups of 1% milk
7 ½ cups of broccoli or cauliflower or mixed vegetables (frozen, chopped)
½ pound of cheese (grated or sliced)
3 tablespoons of margarine or butter

Directions:

1. Preheat the oven to 350° and grease a 12x9x2 inch baking pan.
2. In a saucepan, mix the rice, salt, and 3 cups of water and bring the mixture to a boil.
3. Cover and simmer for 15 minutes. Remove the saucepan from the heat and set it aside for an additional 15 minutes.
4. Sauté the onions in margarine or butter until tender.
5. Mix the soup, milk, ½ cup of water, onions, and rice. Spoon the mixture into the baking pan.
6. Thaw and drain the vegetables and then spread them over the rice mixture.
7. Spread the cheese evenly over the top and bake the casserole at 350° for 25-30 minutes (or until the cheese is melted and the rice is bubbly).



237 Calories, 10g Total Fat, 10g Protein, 5g Saturated Fat, 27g Carbohydrates, 2g Dietary Fiber, 273 mg Sodium

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