



Meals on Wheels and More

Directions: Nutrition education piece is appropriate if person answered “yes” on the nutrition assessment to one or more of the following:

- ❖ “I eat few fruits or vegetables or milk products.”
- ❖ “I don’t always have enough money to buy the food I need.”

HOW TO STRETCH YOUR FOOD DOLLAR

General Tips:

- ❖ Clip coupons & make a grocery list. Look at store advertisements before shopping.
- ❖ You can find great bread products at day old bakery stores.
- ❖ Don’t go grocery shopping hungry.
- ❖ Do the bulk of you shopping in the outside perimeter of the store- you will find the healthiest foods here. Most processed & prepackaged foods are in the center aisles of the store - these are usually more expensive & are not as healthy for you.
- ❖ When shopping down the aisles, look for items above or below the middle section of each aisle for better deals.
- ❖ Always look for store brand or generic brands.
- ❖ If available, purchasing from the “bulk” section is much more economical.

Protein- Meat, Fish, Poultry, Eggs, Beans, Peanut Butter

Meats tend to be pricy! There are other foods that are good sources of protein, nutritious, and less expensive:

- ❖ Beans, peas, lentils- if you used canned, drain & rinse before use to remove unwanted salt.
- ❖ Eggs- To cook in microwave: crack open egg in microwave safe dish, scramble with a fork, add a little milk, cover with a lid or plastic wrap, cook for 2 minutes.
- ❖ Peanut Butter- on bread/toast, on fruit, stirred into hot cereal.
- ❖ Canned Meats- tuna, chicken. Add to soups, salads, sandwiches, serve on crackers.
- ❖ Canned Soups- with meat or beans, choose “low-sodium”.

Breads, Cereals, Rice, and Pasta-

- ❖ Oatmeal- Large containers of “quick-fix” plain oatmeal
- ❖ Stretch ground meat dishes with breadcrumbs or oatmeal.
- ❖ Whole grain pastas- use leftover macaroni, spaghetti in soups.
- ❖ Whole grain cereals (rolled, shredded, or flaked).
- ❖ Instant white or brown rice.
- ❖ Whole grain breads

Fruits & Vegetables-

Frozen, canned, or dried are inexpensive, last longer than fresh produce, and can be just as nutritious.

- ❖ Frozen Vegetables- mixed vegetables, peas & carrots, green beans or spinach can be served alone or added to soups, pastas, or casseroles.
- ❖ Canned Vegetables- drain & rinse before use to remove unwanted salt or buy “low-sodium” versions.
- ❖ Canned fruit- in 100% fruit juice or ‘light syrup’.
- ❖ Dried fruit- raisins, plums, apricots
- ❖ If buying fresh, purchase in season produce.

Dairy- milk, cheese, yogurt, cottage cheese, non-fat dry milk

- ❖ Non-fat dry milk can be added to soups or water for drinking.
- ❖ Use plain yogurt in place of sour cream

Follow this chart when using dry milk in place of fluid milk:

If recipe calls for this much fluid milk	Use this much nonfat dry milk	Use this much water
1 tablespoon	1 tablespoon	2 1/2 teaspoons
1 cup	1/3 cup	1 cup
1 quart (4 cups)	1 1/3 cups	4 cups
1/2 gallon (2 quarts)	2 2/3 cups	7 3/4 cups

- ❖ For use in mashed potatoes: add ¼ cup dry milk for each cup of potatoes. Then use either the water potatoes were cooked in or fresh milk to get the right consistency.

Please consult with a health care professional for additional questions, information, and/or concerns.