

NFSC 465- Community Nutrition
Community Nutrition Internship
Spring 2009

Shopping on a Budget

1. Planning Ahead

- Benefits:
 - Save money
 - Reduce food waist
 - Make more nutritious meals
 - Buy foods for the week with similar ingredients
- Steps:
 1. Make a list of breakfasts, lunches, and dinners for the week
 2. Check to make sure there is/ are a whole grain, vegetable/ fruit and dairy in each meal.
 3. If nutrient dense foods are missing add them.
 - a. Fruits good with breakfast and vegetables with dinner and lunch
 4. Write out weekly food schedule selecting days for each of the three meals.
 5. Look up ingredients/ recipes needed for week
 6. Make shopping list
- Easy nutrient dense additives to recipes and meals
 - Canned beans
 - Canned/ fresh tomatoes
 - Carrots
 - Peas
 - Green beans
 - Cheese
 - Side salads
 - Steamed vegetables
 - Chopped fruit
 - Whole-grain bread
 - Glass of milk
 - Extra vegetables in main courses

2. Healthy Shopping Habits

- Benefits:
 - Spend money better, Save \$\$
 - Reduce "impulse buys"
 - Buy more nutrient dense foods
 - Food goes further
- Steps:
 - Make a grocery list
 - Shop around the outside of store first; second shop on inner isles:
 1. Produce section (vegetables and fruits)
 2. Grain section (breads, beagles...)
 3. Dairy section (milk, soymilk, cheese...)
 4. Meat/ poultry section (eggs, chicken, turkey, beef...)
 5. Dry food isles (Pasta, rice, beans, sugars, spices, oils...)
 6. Canned food isle (soups, tomato sauces, chilies...)
 7. Cereal and coffee isle (Oatmeal, granola, hot chocolate...)
 8. Frozen foods isles (frozen vegetables/ fruits...)
 - Note prices... try to save as much as possible! *** More food for your money that way!!!

Recipe (demo/ sample):

Teriyaki Chicken:

Demonstrates:

1. Simple marinade in chicken dish

Ingredients:

- 1/2 cup soy sauce (reduced sodium soy sauce is a good substitute!)
- 4 tbsp honey
- 2 tsp sesame oil (optional, DO NOT use if allergic)
- 3 tsp ginger
- 3 clove garlic crushed
- 1/4 tsp ground pepper
- ¼ medium onion, chopped
- 6 medium chicken breasts
- Sprinkle sesame seeds (optional, DO NOT use if allergic)

Preheat oven to 350°

1. Grease medium baking pan
1. Place chicken in baking pan.
2. Combine marinade ingredients in a small bowl.
3. Pour marinade over chicken.
4. Sprinkle Sesame seeds over chicken.
5. Covered with foil.

Bake 25 minutes or until chicken is white all the way through and golden brown on top.

Serves 4-6

Like BBQing? Cube chicken and marinade before hand (marinade time: 20 minutes to 2 hours). Put 4 cubes chicken and big pieces of onion per kabob stick. Grill until cooked evenly and serve!

***Goes great with steamed rice, and a vegetable side (salad or steamed vegetables (beans, etc.))

Baked Sweet Potatoes:

Demonstrates:

1. How to prepare potatoes quickly in the microwave! Can be served sliced or mashed.

Ingredients:

- 6 small/ medium sweet potatoes
 - Pepper/ salt to taste
 - Cinnamon (optional)
 - Butter (optional)
1. Wash sweet potatoes in water.
 2. Poke each potato with a fork 4 times
 3. Place potatoes on plate in microwave.

4. Cook 5 minutes; flip potatoes over.
5. Cook for another 5 minutes.
6. Let cool, add cinnamon and 1 tsp butter
serve and enjoy!

Bake 10 minutes total; 5 minutes per side

Serves 4-6

Sweet Potatoes are a great side dish! They go great with spiced turkey or chicken.