

Loving Your Family Iowa

January/February 2013

<http://www.extension.iastate.edu/families/loving-your-family>

If you have a Smartphone, scan this QR code to get more information on eating healthy on a budget.



Eating Better on a Budget



Families on tight budgets can still eat healthy. Remember the three P's to make the most of your food dollars: Plan, Purchase and Prepare.

- **Plan** meals and snacks ahead of time. Use foods that are in season or a good buy. Grocery store flyers can help you find specials.
- **Purchase** foods that are the best buy. Grocery stores display the unit price for food (cost-per-pound or cost-per-ounce) to help consumers compare foods in different size packages or different brands.

(For more information, see "Spend Smart, Eat Smart" unit pricing, <http://www.extension.iastate.edu/foodsavings/shop/unitpricing/>)

- **Purchase** only the foods that your family will eat before they spoil. Throwing away food is like throwing away money.
- Spend a little more time **preparing** foods. Usually processed foods cost more.
- **Prepare** meals and snacks at home and take them with you rather than purchase food at a restaurant or from a vending machine

Source: Eating better on a budget, <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>. Smart shopping for veggies and fruits, <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet9SmartShopping.pdf>

Loving Your Family Iowa is supported by the USDA Supplemental Nutrition Assistance Program (SNAP) called Food Assistance in Iowa, Iowa State University Extension & Outreach, and local partners. In Iowa, Food Assistance can help provide a healthy diet. To find out more about Food Assistance call your local Department of Human Services office. If you don't know where the office is, call the toll-free number, 1-877-DHS-5678 to find out.

Meal in Minutes Idea

Chicken • Whole-wheat bread • Sweet potato fries
Grapes • Low-fat milk

Sweet Potato Fries

Serves: 6

Serving Size: 2/3 cup



Ingredients

- 1 1/2 pounds sweet potatoes (about 4 medium)
 - 1 tablespoon vegetable oil
 - 1/8 teaspoon salt
- Dip: (optional)
- 1/4 cup light mayonnaise
 - 1 tablespoon ketchup
 - 1/8 to 1/4 teaspoon cayenne pepper, chili powder, or paprika

Directions

1. Preheat oven to 425 degrees F.
2. Scrub potatoes under running water.
3. Cut the potatoes I half lengthwise.
4. Lay each potato half flat and slice into half-round shapes about 1/4-inch thick.
5. Combine potatoes, oil and salt in a bowl. Stir so potatoes are covered with oil.
6. Grease a cookie sheet with oil and lay potato slices in a single layer.
7. Bake for about 30 minutes, turning after 15 minutes.
8. While potatoes are baking, mix the dip ingredients (if using).
9. Serve immediately.

Source: **Healthy and Homemade Calendar 2013**, Iowa State University Extension <http://www.extension.iastate.edu/foodsavings/>

BUY EAT LIVE HEALTHY

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What Fruits and Vegetables are a Good Buy in Winter?



- Bananas
- Grapefruit
- Oranges
- Fruits canned in juice
- Frozen orange juice
- Carrots
- Cauliflower
- Potatoes
- Frozen or canned vegetables without added sauces and salt

Sometimes New Foods Take Time

Kids don't always take to new foods right away.

Ways to encourage children to eat healthy foods

- Offer new fruits and vegetables many times, served in a variety of ways.
- Give your kids just a taste at first and be patient with them.
- Focus on your child's positive eating behaviors. Avoid calling your child a picky eater. Children believe what you say!
- Avoid being a short-order cook by offering the same food for the whole family.
- Give children a choice between two healthy choices and let them decide.



Source: Handling a Choosy Eater, http://www.fns.usda.gov/tn/Resources/Nibbles/Nibbles_Newsletter_13.pdf.

Setting and Enforcing Limits

Setting limits for children lets them know what they are allowed to do. For example, a parent might require that the TV be turned off during meals. Setting and enforcing limits also can help children develop healthy behaviors.



What to Remember When Setting Limits

- State limits in a positive way. For example, say "only milk or water at mealtime" instead of "no soda at mealtime."
- Set reasonable limits. Ask yourself if your child can do what is expected based on his age and development. For example, it's reasonable to expect young children to sit with the family during meals for at least 15 minutes but not reasonable to expect them to sit for more than an hour.
- Be consistent with enforcing the limit. If you give in when your child whines or cries, then your child quickly learns how to get her way.
- Help children understand the reason for the limits. Children are more likely to cooperate if they understand the reason.

Source: Adapted from Raising Healthy Eaters, University of Wisconsin-Extension



Additional resources



For information and tips on managing your money, check out the Spend Smart. Eat Smart. Facebook page at <http://www.facebook.com/spendsmarteatsmart>

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