

Food for Thought

December 2012

Keep an Eye on the Holiday Food Budget

Special occasions and holiday meals may mean a big jump in the food bill at the grocery store. Here are some ideas to help you make holiday meals special without breaking the bank:



- 🎄 **Plan your menu around items that are on sale.** Check the local grocery store newspaper advertisements to determine where you can find the best buys on the foods you will need.
- 🎄 **Use less.** When it comes to holiday meals, many families have a tradition of having much more food than is needed. When planning meals, consider less total food, smaller meat portions or serve a smaller number of foods.
- 🎄 **Serve healthy foods.** Healthier foods give more nutritional value for the food dollar. If you choose pumpkin or squash pie, the cost may be similar to a cream pie, but is more nutritious. Choose a healthy green salad or a mixed fruit salad, rather than a salad made mostly of gelatin, marshmallows and whipped cream.
- 🎄 **Serve water as well as other beverages.** People will drink less of the other beverages served, if they drink water to quench their thirst.
- 🎄 **Get your money's worth out of leftovers.** Handle leftovers safely (refrigerate or freeze promptly) so they can be used for meals in the future. Freeze the ham bone or turkey carcass and use it later for broth or soup.
- 🎄 **The cost of paper products can add to your "grocery" bill.** Don't buy fancy paper plates, napkins, cups and decoration items. Get your family members to help wash dishes. If you have them, use cloth table coverings and napkins.
- 🎄 **Make more meals into potlucks.** Your guests, whether family or friends, are usually glad to contribute a favorite dish to a holiday get-together. Remember, being together with family and friends is more important than spending a fortune on holiday food.



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Eat Smart Idaho

SNAP-Ed Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less!</p>				
<p>3 <u>Physical Activity Parent Child Cooking Class @ Weippe Head</u> Start - 12:30 to 1:00</p>	<p>4 <u>Parent Child Cooking Class @ Juliaetta Afterschool Program</u> – 5:15 PM to 5:45 PM</p>	<p>5 <u>MyPlate @ Goodwill Working Solutions</u> – Moscow – 1:00PM to 2:00PM</p>	<p>6 <u>Parent Child Cooking Class @ Russell Elementary Afterschool Program</u> – 5:15 PM to 5:45 PM</p>	<p>7 <u>Go Lean with Protein @ Lifeline Food Bank</u> – Orofino 11:30 AM</p>
<p>10</p>	<p>11 <u>Food Demo @ Potlatch Food Bank</u> – MyPlate from 10:00AM to 12:00PM <u>MyPlate @ Trinity Baptist Church Food Bank</u> in Moscow 3:00 - 5:30</p>	<p>12 <u>MyPlate @ Goodwill Working Solutions</u> – Lewiston – 11:15AM to 12:15PM <u>Healthy Snacks Food Demo @ CAP Food Bank</u> – Lewiston from 1:00 – 3:00</p>	<p>13</p>	<p>14 <u>Keeping Food Safe @ Brammer Building</u> – 1225 Idaho St in Lewiston 3:30 to 4:00</p>
<p>17</p>	<p>18 <u>MyPlate @ Goodwill Working Solutions</u> – Orofino @ 11:00AM to 12:00PM <u>MyPlate @ Lifeline Food Bank</u> – Orofino 2:00 PM to 3:00PM</p>	<p>19 <u>Keeping Food Safe @ Seventh-day Adventist Church Food Bank</u> – Weippe @ 11:00-12:00</p>	<p>20</p>	<p>21 <u>Food Demo @ J-K Good Samaritan Food Bank</u> in Juliaetta 1:00 – 3:00</p>
<p>24</p>	<p>25</p> 		<p>27</p>	<p>28</p>

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Benewah, Kootenai or Shoshone Counties	Alex or Kim	446-1680
Bonner or Boundary	Linda	263-8511
Clearwater, Latah or Nez Perce	Mackenzie	883-2267
Idaho or Lewis	Lisa	983-2667



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD
Phone: 446-1680

E-mail – kalig@uidaho.edu

Sources: http://web.extension.illinois.edu/ccdms/extnews/i7326_103.html retrieved 11/26/12

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.