

SENIOR NUTRITION NEWS

March 2020



Food: Save Time, Save Money

It's always smart to save as much money and time on our groceries. A great way to do this is using the "Stop, Look & Go" method when planning our meals and grocery shopping trips.



1. **STOP.** Before you start planning your meals and go grocery shopping, stop and take a look in your cabinets and pantry for items you already have. No need to buy another can of crushed tomatoes when you already have three on hand!
2. **LOOK.** Look at your week ahead to see when you are busy and when you will be home. Plan easy meals for when you will be busiest. Make a shopping list. Research has shown that we spend more at the store when we just wander through the aisles grabbing things. Following a list keeps us on task. When making the list, organize the items by food group or type of food, and where they might be in the store. That way, when you are shopping you can get all your produce in one stop, then move on to the canned goods and dairy section and so forth. No sense in back-tracking to a store aisle where you just were!
3. **GO** Best advice:
 - Eat before you go grocery shopping. Studies have shown that we tend to buy more food if we shop when we are hungry.
 - As you go up and down the aisles, be aware that food manufacturers pay higher "rent" to place their products on shelves that are at eye-level, so their products are more easily seen and purchased. Those products can be much more expensive than similar products on the upper or lower shelves. Look high and look low and save!



- Use coupons and sale flyers. If an item on sale is out of stock, ask the manager for a "rain-check" so you can get the product at the sale price when it becomes available again. Many stores now use "membership" cards that give a discount on many products in the store. This can add up to a good discount at the check-out register.

Spinach Orange Salad

- 4 cups fresh spinach, stems removed and torn
- 2 cups orange sections, or canned mandarin oranges in their own juice
- 1 thinly sliced onion
- 1 Tbsp vegetable oil
- 1 Tbsp vinegar
- 3 Tbsp orange juice
- Pepper to taste



Directions:

1. In a large bowl, combine spinach, orange sections and onion slices. Toss gently.
2. In a small bowl, combine oil, vinegar and orange juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste.
4. Toss well and serve.
5. Refrigerate leftovers.

Sources: <http://ccerensselaer.org/food-nutrition/senior-nutrition> retrieved 02/28/20

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

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-446-1680

North Central Idaho: Clearwater, Idaho, Latah,
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