

# SENIOR NUTRITION NEWS

*Eat Smart Idaho*

October 2018

## 9 Tips to Save Money on Food

1. **Plan meals ahead of time.** You could even plan meals with a friend, so you can purchase bulk items together and split the amount and the cost.
2. **Use grocery store ads** to determine what meals you should cook for the week. If you don't have access to a paper, looking online may be another option.

3. **Stock up on sale items.**

4. **Check the unit price.** This price is usually listed next to the price of the item and tells you how much an item costs per pound, ounce, quart, etc. That way you can compare different sizes of the same product.



5. **Keep an organized fridge.** This will help avoid wasting leftovers and produce.
6. **When buying fresh produce use it first, so it doesn't go to waste** since it will spoil faster than canned or frozen fruits and vegetables. Canned and frozen produce are canned and frozen at the peak of ripeness, so you aren't passing on
7. **Fruit and vegetables that last the longest include hardy root vegetables like potatoes, sweet potatoes, carrots, and beets, as well as produce with durable skin, like winter squash, apples, and bananas.**
8. **Buy produce in season.**
9. **When ingredients aren't available or are too expensive, substitute available ingredients that are reasonably priced.**



**Pumpkins are also delicious, versatile and nutritious! Try these tips with your leftover pumpkin:**



**Pumpkin Smoothie:** Mix together pumpkin, fat-free milk, frozen vanilla yogurt and a dash of pumpkin spice or cinnamon in a blender and enjoy!

**Pumpkin Pizza:** Saute pumpkin and other favorite veggies, then place on a whole wheat pizza crust drizzled with olive oil and your favorite spices.

**Pumpkin Oatmeal:** Add fresh, cooked or canned pumpkin to your morning oatmeal.

**Pumpkin Muffins:** Add fresh, cooked or canned pumpkin to your favorite muffin batter.

**Pumpkin Soup:** Cook mashed pumpkin with chicken broth, fat-free half-and-half, nutmeg, onion and other spices.

**Pumpkin Pancakes:** Add fresh cooked or canned pumpkin to your favorite pancake batter.

**Sources:** [https://buyeatlivebetter.org/main\\_documents/factsheets/factsheet%20family-rural%20healthy%20eating.pdf](https://buyeatlivebetter.org/main_documents/factsheets/factsheet%20family-rural%20healthy%20eating.pdf); [www.eatright.org](http://www.eatright.org) retrieved 09/30/18

**For information about FREE Eat Smart Idaho Classes, contact the Nutrition Advisor In Your County:**

Benewah	245-2422	Bonner	263-8511
Boundary	267-3235	Clearwater	476-4434
Idaho	983-2667	Kootenai	446-1680
Latah	883-7161	Lewis	937-2311
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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP 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.