



SMART CHOICES

Volume 1 Nutrition Connections · A Link to Food, Fitness & Financial Health

A PROGRAM OF THE UNIVERSITY OF NEW HAMPSHIRE COOPERATIVE EXTENSION



Shopping Smarts

Bigger isn't always cheaper. Buying the largest package size doesn't always save you money. The best way to save money is to use the unit prices which appear on every product in the supermarket. Unit prices show the total price and the price per unit, and are the best way to find the greatest value.

Say you want to compare two boxes of Corn Flakes. The larger box is \$3.99 for 18 ounces of cereal, or \$3.55 per pound. The smaller box of cereal is \$2.50 for 12 ounces of cereal or \$3.33 per pound. So in this case the smaller box is a better buy.

Unit Price \$3.33 Per Pound	Retail Price \$2.50 12 ounces
Unit Price \$3.55 Per Pound	Retail Price \$3.99 18 ounces

Making Homemade Saves Money

Not only do homemade meals taste great, but making them from "scratch" saves you money. We compared the cost of three different types of lasagne meals: frozen, boxed "helper," and homemade. Below are the results:

Boxed "helper" lasagne _____	64 cents/serving
Frozen lasagne _____	56 cents/serving
Homemade lasagne _____	51 cents/serving

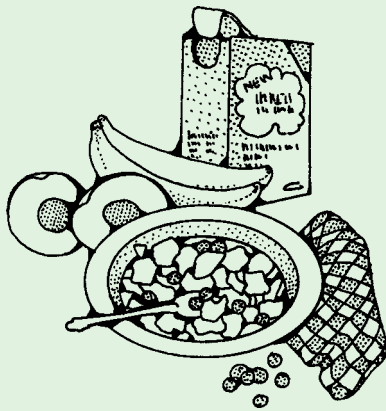
In addition to being less expensive, another bonus is homemade usually tastes better and is lower in sodium. To save even more money, use less meat in a recipe. Americans eat more protein than they need, so you'll be saving money without worrying about nutrition. For example, if you use 1/2 pound of ground beef in your homemade lasagne instead of one pound, the cost per serving is reduced to 45 cents/serving.... now that's quite a saving.

Homemade Lasagne • Serves 10-12

- 1 pound ground beef
- 28 oz. jar spaghetti sauce (store brand)
- 10 ounces lasagne noodles (store brand)
- 15 oz. ricotta cheese (store brand)
- 8 oz. mozzarella cheese (store brand)
- 1/4 cup Parmesan cheese (store brand)



Brown ground beef slowly; spoon off excess fat, set aside. Cook lasagne noodles in large amount of boiling water until tender. Drain and rinse. In a 13x9x2 inch baking dish put thin layer of spaghetti sauce, then layer half of the lasagne noodles. Place half of the ricotta cheese, half of the mozzarella cheese, half of meat sauce, and half of the Parmesan cheese. Repeat with another layer. Bake at 375 degrees F about 30 minutes (or assemble early and refrigerate; bake 45 minutes directly from the refrigerator). Let stand 10 minutes before serving.



Good Snacks Can Be Good Values!

Here are some typical per serving prices:

Graham crackers _____	18 cents
Pretzels _____	13 cents
Orange _____	25 cents
Store brand frozen OJ (concentrate) _____	13 cents
Store brand OJ (fresh squeezed) _____	25 cents
Name brand OJ _____	50 cents

Watch Out for Choking Hazards!

Young children choke easily on small round shaped food. Never give children under 5 any snack that could get stuck in their throat like peanuts, grapes, popcorn, raw carrots, hot dog slices or round candies.

We can help you stretch your food stamp dollars!
Contact us for more information:
1-800-FOODLINE

Look to the Pyramid for Healthy Snacking

It's a snack food jungle out there. It can be hard for adults to get all the food they need everyday in three meals, and snacks can fill in the gaps. Snacks are important for growing children too. But how do you pick a healthy snack and stay within your budget? It's easy if you look to the Food Guide Pyramid. And remember, eat more from the groups at the bottom of the Pyramid, less from the groups at the top.

Talk with your family to plan out some healthy snacks. Check the store flyers for good values. Compare prices of store brand snacks to the name brands. Make sure the foods you buy fit into the Pyramid.

Grain group

Look for pretzels, graham crackers, whole grain low sugar cereals and crackers.

Fruit group

Choose fruits in season. They actually cost less than some name brand cupcakes. Buy 100% fruit juice instead of soda.

Vegetable group

Use raw vegetables with low fat dressing for a crunchy treat. A stalk of celery and a carrot cost less than a serving of store brand potato chips.

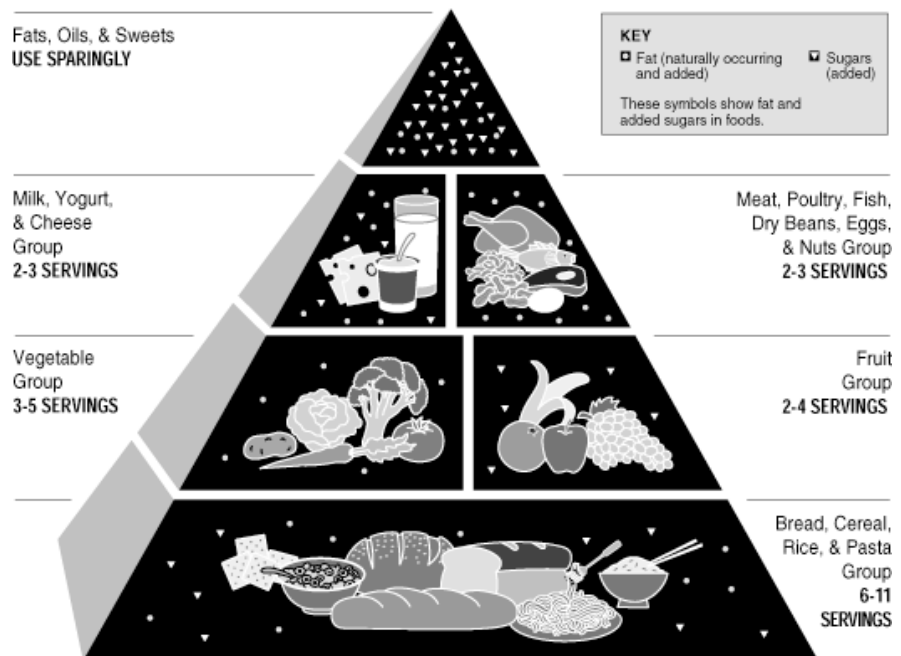
Milk group

Try some cheese or low fat milk.

Meat group

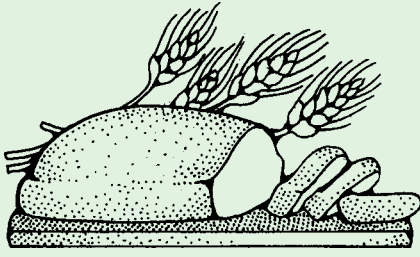
Peanut butter or hard-boiled eggs make good snacks.

Food Guide Pyramid A Guide to Daily Food Choices



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Good snack foods can keep you & your family feeling great!



Ask Miss Smarty

Q. Are potato chips really that bad as a snack?

A. Well...it depends on what you mean by *bad*. Let's take a closer look. We compared regular potato chips to air-popped popcorn:

1oz potato chips:
151 calories, 10 grams fat

1oz popcorn:
108 calories, 1 gram of fat

The potato chips have ten times more fat, or the equivalent to two teaspoons of fat for every ounce of potato chips. With obesity a major public health problem in the United States, as well as heart disease, I'd think twice before reaching for a bag of chips.

Q. Ok, Miss Smarty, since you know almost everything, what's the difference between evaporated milk and sweetened condensed milk?

A. You've come to the right place for answers! Both products are made by removing about half the water from fresh milk, but sweetened condensed milk has sugar added while evaporated milk does not. The water is removed through a vacuum-evaporation process that was patented in 1856.

Evaporated milk and sweetened condensed milk cannot be substituted for one another, or made at home. Evaporated milk makes dishes, especially soups and chowders, creamier. Sweetened condensed milk has a very sweet, distinctive flavor, and is used in pies, candies, and other desserts.

Got a question for Miss Smarty?

Write to:

Ask Miss Smarty

UNH Cooperative Extension

129 Main St., Room 220

Kendall Hall

Durham, NH 03824

Kicking the Junk Food Habit

Did you ever wonder how junk food got its name?

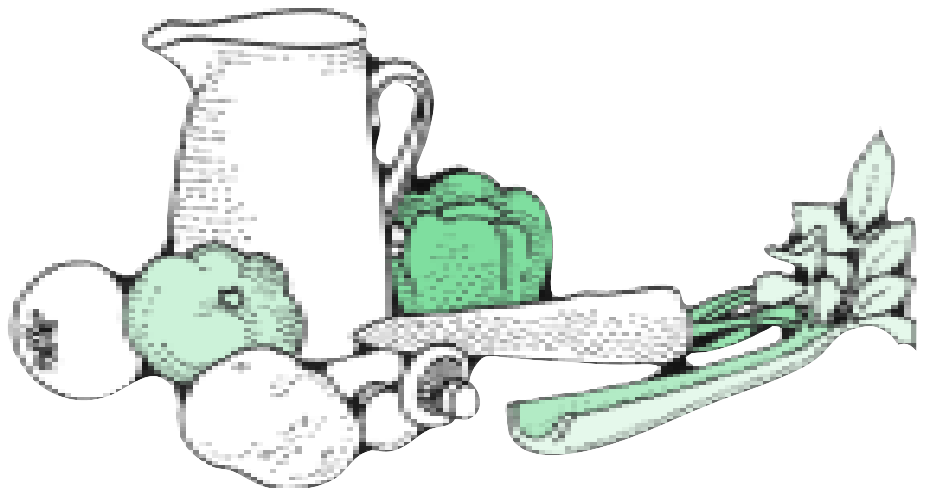
Back about thirty years ago someone noticed that Americans weren't eating as much healthy food. Instead, we were eating more sweets, salty snacks and fried foods- food with lots of calories but little nutritional value. Junk! Sugary, fatty, salty junk. So the term "junk food" was born. Today, our appetite for junk food is bigger than ever. The best way to kick the junk food habit is to develop a taste for better foods. Once you start eating healthy foods, you'll want nothing else. *Give it a try- because you're worth it!*

Here are some tips to help train your taste buds:

- Avoid the urge to snack by eating nutritious meals at regular times during the day.
- Take time to enjoy each meal thoroughly.
- When you want a snack, reach for some fruit or vegetables.
- Learn to make homemade snacks, like frozen pops made from unsweetened fruit juice.

If it's too hard to cut out junk food entirely, try these ideas:

- Avoid having candy or other sweets around the house.
- Stay away from deep-fried foods, and go for baked or broiled instead.
- Order smaller portions. For example, order a small hamburger instead of a double bacon cheeseburger.



The switch from junk food to healthy eating takes time, so be patient. Remember to think before you eat. Your body will thank you for it!

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UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

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