

Smart Choices

A Community Nutrition
Education Program



Thrifty Choices

Thrifty Food Rules

1 Nutrition First

- Use **MyPyramid** to guide you to plan varied and balanced meals.
- Use the **Nutrition Facts** panel to guide you to choose the most nutritious and wholesome processed and packaged foods.
- Wholesome foods are foods without a lot of added salt, sugar, fat, artificial color or ingredients.

2 Good Taste

- Prepare foods carefully so that they taste good.
- Know your family's preferences.
- Serve food attractively.

3 No waste

- Purchase, store, prepare and serve with care.
- Check perishable foods. Use them first.
- Use a marker to date foods so that you'll know how long they've been open or in the refrigerator.
- Plan to use foods before they lose quality or become unsafe to eat.
- Plan to use leftovers.
- Pay attention to serving sizes, timing and family atmosphere at mealtime.
- Trying a new vegetable or whole grain? Offer small servings for the first taste.
- Don't overeat. Overeating is a form of waste because it can lead to unhealthy weight gain.

4 Safety counts

- Follow the rules of food safety (clean, separate, cook, chill) at all times. If food makes you or your family sick, the cost doubles.

5 Planning makes it all possible

- Check the pantry and refrigerator for foods that need to be eaten and foods you have on hand.
- Look for specials at your favorite grocery store.
- Check for coupons.
- Find out which fruits and vegetables are in season.
- Make a meal plan.
- Make a grocery list.
- Bring your own food when you are on the road.

6 At the grocery store or produce stand:

- Take time to compare foods and check prices.
- Use labels and unit pricing to compare similar items so that you get the best price per serving.

7 Don't pay for something you can't eat!

- Don't pay for bones and fat. Look at price per serving, not price per pound.
- Don't pay for packaging. Packaging can disguise a small volume of food. Don't be fooled. Check the label for servings per package.
- Don't pay for food that doesn't nourish. It's wasteful to spend food dollars on foods that don't nourish you and your family.



Louisiana Mothers say:

- Be a smart shopper.
- Let your grocery list be your guide.
- Get best price for the foods you buy most often on your grocery list.
- Put a check by the foods on special and the foods with coupons.

- Teach your children to be thrifty shoppers, too.
- Teach them the thrifty food rules and then let them choose one item on the grocery list.



Do you shop once a month?

These fresh foods have a longer shelf life:

- **vegetables** (potatoes, garlic, root vegetables like carrots, potatoes, sweet potatoes);
- **fruits** (apples and citrus)



“One man’s trash is another man’s treasure.”

Make a soup from things that many people throw away. Collect and freeze leftover vegetables and vegetable peelings and grains like rice. Save bones from a chicken or ham until you have enough for a big pot of soup stock. Add water to cover the bones and vegetables. Simmer for 1 1/2 hours or longer. Strain the stock, and discard the peels and bones. Now you have the base for a delicious soup.



To make your soup:

1. Add barley, garlic, onion, celery and finely chopped carrot. Simmer until they are soft. This takes about one-half hour.
2. Add canned tomatoes, green beans, sliced cabbage or other greens. Simmer until done, about 10 minutes.
3. Add frozen or canned corn, peas or canned legumes. Simmer until heated through, about 10 minutes.
4. Add leftover rice or pasta. Heat through. Invite friends over for dinner and ask them to bring the crackers and a fresh fruit for dessert.

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