

Thrifty Choices

Thrifty Choices Can Be Fun

Go on a Scavenger Hunt

Be a Detective

1. Learn to read the label to learn which foods are good for you.
2. Read the ingredients list. The fewer the ingredients, the better.
3. Check how many servings in a package. The product may look bigger than it really is because of packaging.



Rules of Grocery Shopping

1. Is it good for me?
2. Is it in the fruit, vegetable, whole-grain, dairy or meat and beans group? If you can't fit it in these categories, make another choice!
3. Is this the best price?

Make Sure Additions Don't Subtract

1. Does your drink contain 100% juice? Look for juices that list 100% juice as the first ingredient.
2. Some juices are made from a concentrate and have an ingredients list similar to this: filtered water, prune juice concentrate. These juices are still 100% juice and will offer all the benefits of full fruit.
3. Many juice cocktails and juice drinks have added ascorbic acid to boost the vitamin C content. Don't fall for that.
4. A product is not 100% fruit juice even if the front label implies it is if it has an ingredients list like this: water, high fructose corn syrup, 2% or less of (juice), natural and artificial flavors, pectin, gum acacia, Red 40, Blue 1 and potassium sorbate.



Give yourself a Smart Choice star every time you drink water instead of a sweetened beverage. Why? Water is free, and it's good for you!



Save money and save your health at the grocery store.
Learn how to spend your "nutrient" dollar.



Healthy snacks count! Get nutrients from your snacks.

- **Fruit** and **nuts** – great snacks with lots of vitamins, minerals and fiber.
- **Apples, bananas, grapes, pears, plums, peaches, satsumas** and **strawberries**: wash them, peel if needed and eat them up (watch for the pits!).
- **Dried fruit** like raisins, apricots, apples, cranberries, cherries are good, too. Carry a little package of them in your pocket or your backpack and just pop them in your mouth when you are hungry.
- Mix in some **nuts** like pecans, walnuts and pecans with your dried fruit. Peanuts are good, too!



Word Bank

Grains ✓ Potato
Nuts Fiber
Fruits Chicken
MyPyramid

Did You Know?

Convenience costs. You can fix breakfast, lunch and evening meal for the price of one fast food meal or a ready-to-eat convenience meal.

Choose an answer from the Word Bank for the description below. Next to the number write a letter in each box.

1		P	O	T	A	T	O		
2				H					
3				R					
4				I					
5				F					
6				T					
7				Y					

1. We love this vegetable baked, mashed or fried.

2. A great source of protein.

3. Just wash and eat most of these.

4. Found in: breads, cereals and crackers.

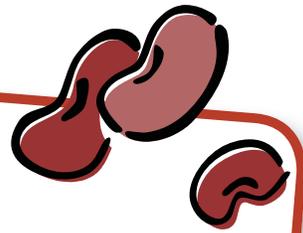
5. Eat more whole grains for this.

6. Eat as is, salted or chopped. Added to muffins, breads and pancakes.

7. The basic guidelines for eating healthy and being active.



Grow Your Own Vegetables



Saving nickels, saving dimes: collect the seeds from the foods you eat, such as cantaloupe, watermelon and pumpkin. Dry beans (before cooked) and sunflower seeds are good, too.

- Plant the seeds in dirt in a pot or Styrofoam cup.
 - Put it in a sunny spot.
 - Water the seeds so the dirt stays moist but not wet.
 - Mark the spot where you put the seed and watch it.
- Soon you will have a plant. When the plant has grown several inches tall, and has at least three leaves, plant it in a garden or in a pot in a sunny spot.



Grow Your Own Potatoes!

1. Wash a potato. Have an adult to cut out the potato eyes. (Eyes are the pits on the surface.)
2. Let the eyes dry out for two days in a cool, dry room.
3. Place the potato eyes in a container.
4. Place the container in the sun. In a few days, you will see a bit of green coming out of the eyes.
5. Plant the potatoes in a garden or in pots to a depth of 1 inch and cover with soil and moisten with water.
6. Water when the soil is dry to the touch. Don't over water, or the potatoes will turn black. If the plant wilts in the sun, it needs more water.
7. When about 1 foot of stem has grown, cover with soil. Potatoes form on the stem, not on the root. Covering the stem with dirt as it grows is important because the extra soil prevents potatoes from turning green (and poisonous!).
8. In the fall, when the leaves on the vine above ground turn yellow and wither, harvest the potatoes. Cook and eat.



Don't let anything go to waste. Toast pumpkin seeds for a crunchy snack.



Toasted Pumpkin Seeds

Ingredients

- 1 pumpkin
- 2 tablespoons of vegetable oil
- Salt

Directions

1. Cut open the pumpkin, scoop out the seeds and transfer them to a large bowl.
2. (This step is messy, so do it outside.) Fill the bowl with water, soak the seeds for a few minutes and then swirl them around until they separate from the fiber. Throw away the fiber.
3. Have an adult preheat the oven to 300 degrees.
4. Put the rinsed pumpkin seeds into a smaller bowl, drizzle the oil over them and sprinkle with salt.
5. Spread the seeds on a cookie sheet and bake for 30 to 40 minutes, or until slightly brown.



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Pub. 3017 (20M) 10/07

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.

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