



Watertown Area PACH Newsletter

Quarterly
Newsletter

November
2012

Plan Your Meals and Save

Planning weekly meals can not only make your week less stressful it can also save you money at the grocery store. Chances are if you do spur of the moment shopping, you will not only add to your bill, but also make selections that are not the healthiest. Make a shopping list before you go to the store and include those items needed for your planned meals. Use the weekly sale fliers to help you plan your meals and clip any coupons available. Discuss your meal plan with your family and

let them be involved in making the list. Allow your children to be a part of the planning and let them pick a meal of the week for your family. Let your kids take turns going shopping with you and if your budget allows let them pick one extra item for the family. It is important for children to be involved in the process and learn how to meal plan and also shop on a budget.

When planning your meals look in your fridge and freezer and put your leftovers to work. If you can't

eat them within a couple days, label them and freeze them. Or plan a leftover night each week to use up your leftovers. Get into the habit of eating supper leftovers for lunch the next day. When shopping pass on the convenience foods. Frozen pizzas, canned soups, complete dinners and other ready-to-eat foods are convenient, but they come at a price. You will save money and cut back on sodium, sugar, and fat by meal planning and making your own meals at home.

Budget-Friendly Meal Ideas

- ◆ Pancakes and Fruit
- ◆ Oatmeal and dried fruit
- ◆ Omelets
- ◆ Spaghetti with Marinara Sauce
- ◆ Chicken Noodle Soup
- ◆ Vegetarian Chili
- ◆ Macaroni & Cheese with Tuna
- ◆ Homemade Pizza
- ◆ Peanut Butter and Jelly Sandwiches
- ◆ Grilled Cheese and Tomato Soup
- ◆ Black Beans and Rice

Recipe from the Dietitian

Use your PACH food items and enjoy some time baking with your children!

Thick and Chewy Oatmeal Raisin Cookies



- 1/2 cup butter (1 stick), softened
 - 2/3 cup light brown sugar, packed
 - 1 large egg
 - 1/2 teaspoon vanilla extract
 - 3/4 cup flour
 - 1/2 teaspoon baking soda
 - 1/2 teaspoon ground cinnamon (optional)
 - 1 1/2 cups oatmeal (5 packs of instant)
 - 3/4 cups of raisins
- Preheat oven to 350°F

1. In a large bowl, cream together the butter, brown sugar, egg and vanilla until smooth.
2. In a separate bowl mix the flour, baking soda, and cinnamon together.
3. Stir this into the butter/sugar mixture.
4. Stir in the oatmeal and raisins.
5. Place dough in fridge for a few minutes for thicker cookies.
6. Place on cookie sheet about 2 inches apart.
7. Bake cookies for 10-12 minutes.
8. Let them sit on cookie sheet for five minutes before removing.
9. Recipe makes about 2 dozen cookies.

Clip It Tip!



Coupons can really save you money, but it does take time. In the long run these savings can really add up. As you look through coupons be sure to only use the coupons on items that you are buying. If you buy items you don't want just because it is a "deal", you're not putting your money to good use. Make your list first and then clip the coupons for the items on your list.