



# Watertown Area PACH Newsletter

May

2013

## Shopping for Health and Budget



### PRODUCE

#### Health:

- MyPlate calls for fruits and vegetables, fill half your plate

#### Budget:

- Farmers markets and local stands often have the best prices
- Watch local papers for grocery store sales
- Use in-season items to get the best value
- Do not buy too much produce unless you can use it before it spoils

### GRAINS

#### Health:

- Regular oatmeal is one of the healthiest choices, it is a whole grain and has no added salt, fat or sugar.
- Always buy 100% whole grain bread.
- Rice is a very inexpensive option that is also low in calorie density when cooked.

#### Budget:

- Stock up on items when on sale
- Freeze breads

### PROTEIN

#### Health:

- Choose lean, cook lean, and use portion control

#### Budget:

- Remember to check for sale items!
- Use smaller quantities
- The cheapest protein item is also one of the healthiest and is high in fiber— BEANS!
- If you have some time, consider cooking and freezing larger batches of dried beans.

- Focus on Fruits
- ♦ Vary your Vegetables
- ♦ Make half your Grains whole
- ♦ Go Lean with Protein
- ♦ Get your Calcium rich foods with Dairy

## RECIPE FROM THE DIETITIAN:

Teach your children how to make this healthy snack!!



### Quick 5 Checklist to Save:

1. Look for store brands.
2. On sale? Stock up!
3. Compare unit pricing.
4. Stick to your list.
5. Purchase less meat, convenience items, soda, cookies, crackers, chips, & bakery items.

#### Ants on a Log

#### HOW TO MAKE

**WHAT YOU NEED:**  
4 pre-cut celery sticks  
Peanut Butter  
Raisins  
Small Bowl  
Spoon

1. Wash your hands
2. Wash the celery
3. Put some raisins in a small bowl.
4. Spread the peanut butter on the celery with a spoon.
5. Push raisins into peanut butter.

#### HEALTH BENEFITS!

**Celery**— is a vegetable and has Vitamin A to help your eyes

**Raisins**— a fruit, and adds fiber that helps with digestion.

**Peanut Butter**— has protein which builds muscle to make you strong