

Do you ever find there's more month than money?
You can stretch your food budget with some planning and comparison shopping.
Make your dollars go as far as possible with these suggestions.

✓ **Check the tips you plan to do next time you shop.**

❑ **Write a list before you leave home**

- Save time and money by shopping with a list and sticking to the items on the list.
- Use the sale flier to help plan your weekly menu.

❑ **Look up and down the grocery store shelves**

- More expensive food choices are often at eye level.
- Check out the choices above and below eye level. You may save some money!

❑ **Consider all your options**

- When shopping for fruits and vegetables, consider the prices of canned, frozen, dried and fresh.
- Use unit pricing to compare large packages to smaller packages. Consider your situation.
 - *Will you use all the food in the larger package before it spoils – or will you get tired of it? Sometimes the smaller package with the slightly higher unit price is the better deal for you.*

- Bring a calculator to help you compare prices.

❑ **Walk quickly through the store**

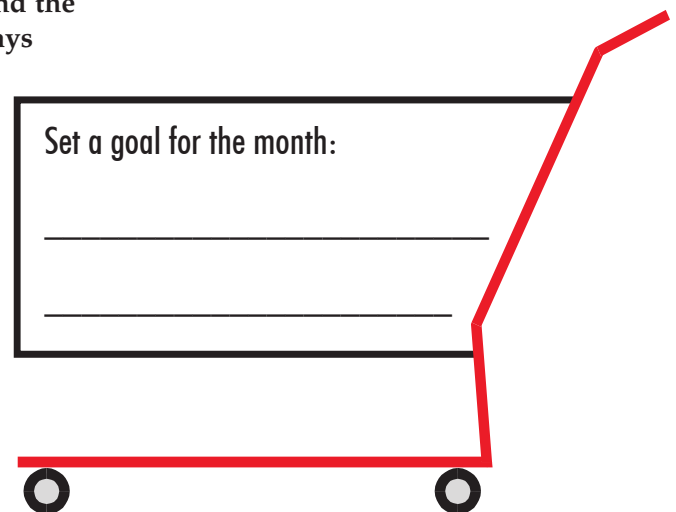
- Sale-priced items sometimes are placed at the rear of the store. You may need to walk past lots of higher-priced items to reach the sale-priced items.
- So, walk quickly to avoid being tempted by items not on your list!

❑ **Steer carefully around the "end of aisle" displays**

- Many stores have attractive displays at the ends of aisles.
- Sometimes the items are "on sale" and sometimes they are not. Be a comparison shopper.

❑ **Watch out for the temptations by the checkout stand**

- Magazines, candy, gum and other items often are located near the checkout.
- Buying one \$4 magazine every week adds up to more than \$200 per year. That's worth a lot of groceries!
- Shop during "off" hours and choose the shortest line at the checkout stand.



Stretch Your Food Dollars!

Enjoy the colors and flavors of the spring season with this tasty dessert or snack.

Fruit Salsa with Cinnamon Chips

- 1 c. diced strawberries
- 1 diced banana
- 1 peeled and diced kiwi
- 1 cored and diced apple
- ¼ c. sugar
- 2 Tbsp. lemon juice (bottled or fresh-squeezed)
- ¼ tsp. nutmeg
- ¼ tsp. cinnamon

Wash fruits well with water and cut into small pieces. Combine in a medium mixing bowl. Add lemon juice, sugar, nutmeg and cinnamon. Mix well. Refrigerate until serving time. Serve with cinnamon chips or baked tortilla chips.

NOTE: Frozen, unsweetened strawberries can be substituted for fresh. Substitute your other favorite fruits if desired.

Makes four servings. Each serving of fruit salsa has 120 calories, 0.5 gram fat, 31 grams carbohydrate and 3 grams dietary fiber.

Cinnamon Chips

- 4 flour tortillas (flour or whole wheat)
- 2 tsp. sugar
- ¼ tsp. cinnamon

Preheat oven to 350 F. Mix sugar and cinnamon in small dish or place in an empty salt shaker. Cut tortillas into wedges and place in a single layer on large baking sheets. Spray each side with butter-flavored cooking spray. Sprinkle with sugar mixture. Bake for eight to 10 minutes. Remove from oven and allow to cool 15 minutes.

Makes four servings. Each serving of cinnamon chips has 180 calories, 4 grams fat and 34 grams carbohydrate.

Do you have any food safety tips for the grilling season?



Foodborne illnesses tend to increase during the summer when people move cooking outdoors. Remember these rules:

- Thaw frozen meat and poultry in the refrigerator or microwave oven.
- Keep meat and poultry refrigerated when marinating it. Consider easy options such as reduced-fat Italian dressing as a marinade for chicken.
- Don't serve marinade that came in contact with raw meat. Save some fresh marinade to use as a dipping sauce.
- Use a food thermometer to measure the internal temperature of grilled meats. Chicken breasts are "done" when they reach 170 F and burgers, 160 F.
- Use a clean plate to serve food off the grill – not the one that held the raw food.
- For more information, visit www.ag.ndsu.nodak.edu/food.htm.

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Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

