

## Stretch Your Food Dollars

We've all noticed the increasing prices at grocery stores and the gas pump during the past year. Sometimes we may find that we have more month than money.

Here's a "grocery list" of cost-saving ideas that may help. Check (✓) the following ideas you use or plan to use.



- Spend about 30 minutes planning your weekly menus.** Use the sale ads and write a shopping list. Keep the list in a handy spot.
- Compare prices of different forms of fruits and vegetables.** Consider fresh, canned, dried and frozen items.
- Avoid shopping when you're hungry or tired.** Almost everything looks tasty when you're hungry. If you're tired, you may be likely to grab convenience foods, which cost more and often are less nutritious.
- Avoid using a credit card for food purchases unless you pay off the balance each month.** Think about the cost of adding credit card interest rates onto the food cost.
- Shop in one or two grocery stores.** Consider your gas if you drive to several stores for special deals.
- Be familiar with the grocery store layout.** Shop the aisles that include items on your list.
- For quick shopping trips, shop the outside aisles of the store.** Most staples, such as milk, fresh produce and bread, are around the perimeter.
- Consider buying store brands.** Most are similar in quality to name brands, but lower in price.
- Clip coupons, but only for the things you need.** Some stores double the value of coupons to a certain point.
- Compare prices using "unit pricing" or a calculator.** The unit price (for example, cents per ounce) helps you know quickly which package is the better "deal." It usually is found on the front edge of grocery store shelves. Always ask yourself if you can use the "better deal" in a reasonable time.
- Check your receipt and change.** Although mistakes are not intentional, they can happen. Look carefully at your receipt to be sure you received the sale price.

Visit [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise)  
for more information.

This program is funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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I'm baby-sitting my granddaughter this summer. She asks me for fruit punch every day. Does it contain any fruit juice? What should I do?

Fruit-flavored beverages, such as fruit punch, usually contain little, if any, fruit juice. Be sure to read the labels on all types of beverages and compare calories and nutrients. For example, a cup of fruit punch has about 120 calories from added sweeteners and some added vitamin C, but that's it.

Some research has shown that sweetened beverages do not make us feel "full," even though we have consumed extra calories. Drinking too many sweetened beverages, or even juice, can promote weight gain. In fact, having an extra 100 calories every day can result in a 10-pound weight gain in a year.

Enjoy fruit punch as a treat but try not to have it every day. Encourage your granddaughter to have ice water to quench her thirst. For a special treat on a summer day, make your own "juice pops." Freeze 100 percent juice in small paper cups and add a Popsicle stick or plastic spoon as a "handle" after it begins to freeze.

## Summer Fruit and Vegetable Best Buys



Cherries



Corn

Watermelon

Peaches



Grapes



Plums

Berries



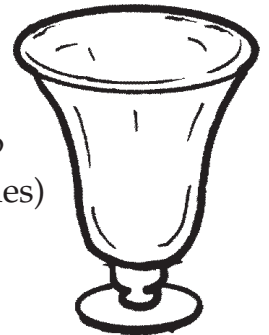
Zucchini

Here's a colorful and tasty breakfast or dessert to enjoy with seasonal fresh fruit. You also can substitute canned, well-drained fruit.

# Fruit and Yogurt Parfait

- 2 cups grapes, berries or peach slices (your choice)
- 2 cups nonfat yogurt, vanilla or fruit-flavored
- 2 medium bananas
- 1 cup dry, crunchy cereal (granola type)

Wash, peel and slice the bananas. Wash and prepare other fruit. Place about ½ cup of grapes (or berries or peaches) in each of four tall glasses.\*



Add three tablespoons of yogurt on top of the grapes in each glass. Spoon sliced bananas on yogurt (one-half banana per glass). Add the rest of the yogurt and top with cereal.

\*Use clear glasses if available.

Makes four servings. Each serving has 280 calories, 2.5 grams (g) of fat, 62 g of carbohydrate, 4 g of fiber and 20 percent of the daily value for calcium.

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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.

