

Stay Healthy and Have Fun Without Breaking Your Budget

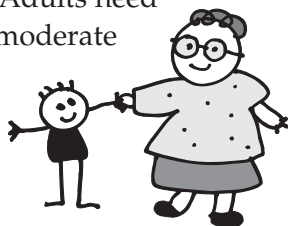
Busy families can enjoy fun activities together without breaking their budgets.



Enjoy the Colorful Outdoors for Free

As leaves change from green to red or gold, fall brings changes in outdoor colors for us to enjoy.

- Take a walk in a park. Bring a picnic lunch, a blanket to sit on and a Frisbee. Adults need 30 minutes of moderate daily physical activity, such as walking. Children need 60 minutes.
- Have fun raking leaves as a family. Raking counts as physical activity.



Save Money When Eating Out

Eating out can fit most people's budgets once in awhile. Many restaurants have increased their prices, however, because food prices have increased. Try these cost-saving tips.

- Take advantage of "two for one" deals or "kids eat free" specials. Watch for coupons, too.
- Share a meal or have an appetizer as your main course.
- Have water as your beverage.
- Get "two meals for one." Order a to-go box with your meal and put half of your meal in the box. You will save calories and have lunch for the next day.

Watch Movies for Less

Going out to a movie with a family can be expensive, especially if you stop at the concession stand for treats. Matinees are often less expensive, and some cities have discount theaters.

Consider having regular "home movie nights" with these ideas:

- Compare prices of video/DVD rentals. Some libraries have them available for free checkout.
- Enjoy some popcorn, a whole-grain snack. Sprinkle it lightly with seasoned salt or parmesan cheese instead of drenching it in butter.
- Set out a bowl of fruits and/or veggies with low-fat dip to munch on during the movie.

Visit www.ag.ndsu.edu/foodwise for more information.

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP 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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How do you roast pumpkin seeds?

Pumpkin seeds are fiber-rich snacks that are easy to prepare.



- Remove the pulp from a pumpkin, wash off the seeds and blot them with a paper towel.
- Toss the seeds in a bowl with a little vegetable oil and place them on a baking sheet.
- Bake at 250 degrees until light brown (30 to 40 minutes), stirring occasionally. If you like, you can salt them lightly or add spices of choice, such as garlic powder or onion powder.

How do you use dry beans in recipes?

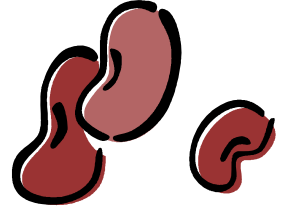
Dry beans are a great nutrition buy. They provide protein, fiber and the B vitamin folate. Here's how to rinse, soak and cook dry edible beans:

- Inspect the dry beans, removing any broken beans or foreign materials. Rinse thoroughly in cold water.
- Use the "Preferred Hot Soak" method: For each pound (2 cups) of beans prepared, add 10 cups of water to a pot. Boil beans for one to three minutes. Cover the pot and let stand. A four-hour soak is ideal.
- Drain and rinse the soaked beans. Add fresh, cold water to fully cover beans. Plus, if you wish, add 1 to 2 tablespoons of oil and 1 teaspoon of salt. Simmer the beans until they are tender. Use them in your favorite recipe calling for canned beans.

Note: Add ingredients rich in acid or calcium such as tomatoes, chili sauce, ketchup, vinegar or molasses after the beans have been soaked and fully cooked. If you add these ingredients too soon, they may prevent dry beans from becoming tender.

Cowboy Beans

- ½ pound bacon, browned and drained
- 1 pound ground beef, browned and drained
- ¾ c. brown sugar
- 1 c. ketchup
- ¼ c. vinegar
- ¼ c. mustard
- 1 (15- to 16-ounce) can kidney beans
- 1 (15- to 16-ounce) can butter beans
- 1 (15- to 16-ounce) can lima beans
- 1 (28-ounce) can baked beans
- 1 medium onion, chopped



Mix all ingredients together. Cook in a slow cooker on high for three hours or low for eight hours. Alternate method: simmer in pot on low for two hours, stirring occasionally.

Makes 12 servings.

*Each serving has
200 calories, 26 grams (g)
carbohydrate, 6 g fat,
4 g fiber and 614
milligrams sodium.*

MENU IDEA
Cowboy Beans,
carrot sticks,
corn muffins,
pineapple chunks,
low-fat milk

Julie Garden-Robinson, Food and Nutrition Specialist

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



2 cups of dry beans =
4 to 5 cups of cooked beans