



Stretch Your Fruit and Vegetable Budget

Do you and your family members eat enough fruits and veggies for good health? Most people need 1½ to 2 cups of fruits and 2½ to 3 cups of vegetables per day to meet the recommendations.

Enjoy the taste of eating right during March, National Nutrition Month. Include a rainbow of fruits and vegetables on your menus. They're rich in vitamins, fiber and antioxidants that promote good health.



Which of these money-saving strategies do you use or plan to use? Check (✓) the ones that apply.

 **Use fresh fruits and vegetables that are in season.**


- Broccoli, mangos, oranges, spinach and strawberries are some of the fruits and vegetables that are in season from March to May.

 **Read the store ads and/or online sales ads for pricing on fruits and veggies.**

- Compare the prices of fruits and vegetables among your favorite stores.


 **Make a grocery list and stick to it.**

- Be sure to have a snack *before* you shop to avoid impulse buys.

 **Compare the prices of canned, frozen and fresh fruits and vegetables for the best buy.**

- Canned and frozen often are less expensive. To get the most


nutrition for your money, look for fruit canned in 100 percent fruit juice and vegetables that are labeled “low sodium” or “no salt added.”

 **Buy the amount of fresh fruits and vegetables that you will eat before they spoil.**

- If you find a bargain on fruits or vegetables, consider buying extra and freezing it. The “Food Freezing Guide” (FN403) available at www.ag.ndsu.edu/pubs/yf/foods/fn403.pdf has advice for a range of foods.

 **Buy fresh vegetables and fruits in their simplest form.**

- Precut, ready-to-eat fresh vegetables and fruits are convenient but may cost a lot more. Do a little of the work yourself to stretch your dollars.

 **Consider planting a garden in your yard, a community plot or a container.**

- Visit www.ag.ndsu.edu/horticulture to learn more about gardening.

Set a goal for more healthful eating:



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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What do the percentages (such as “90% lean”) on ground beef packages mean? How can I use this information?

Ground beef primarily is made of lean protein and fat. You might see “80% lean,” “85% lean,” “90% lean” or “93% lean” on ground beef packages. “Extra lean” ground beef is at least 90 percent lean protein by weight.

As shown below, a 3-ounce serving of 90 percent extra-lean ground beef has less fat, more protein and fewer calories per serving than 80 percent lean ground beef. The amount of iron and zinc is slightly higher in leaner ground beef.

Nutrition Composition of a 3-ounce Serving of Ground Beef*

Type of ground beef*	Fat (grams)	Protein (grams)	Calories	Iron (milligrams)	Zinc (milligrams)
90% extra lean	9.1	21.4	173	2.4	5.4
85% lean	11.9	20.9	197	2.3	5.3
80% lean	13.6	20.4	209	2.2	5.2

* Based on data from the U.S. Department of Agriculture Nutrient Database for 3-ounce (85-gram) pan-broiled ground beef patties.

FoodWi\$e Tip of the Month

Stew meat can be purchased already cut into bite-sized pieces or you can cut it yourself. Check the price per pound for pre-cut stew meat, then compare it with the cost per pound of round or chuck steak or a roast. More than likely, whole cuts of beef are cheaper per pound.



Buy a roast and cut your own “stew meat” from a roast or steak. Wrap and freeze the rest to enjoy in another delicious beef dish.

(Shared by Mary Jean Hunter, Sioux County)

Visit

www.ag.ndsu.edu/foodwise/smart-shopping
for more cost-saving ideas.

Just for Fun

Why shouldn't you tell a secret on a farm?

Because the potatoes have eyes
and the corn has ears!

Old Fashioned Beef and Vegetable Stew

- 1 Tbsp. canola oil or other cooking oil
- 1½ pounds stew meat, cut into bite-sized pieces
- 1 c. onion, cut in 1-inch chunks
- 2 c. carrots, peeled and cut in ½-inch slices
- 1 c. celery, cut in 1-inch chunks
- 3 c. potatoes, peeled and cut in chunks
- 3 c. beef broth (reduced-sodium, canned or made from bouillon or soup base)
- 1 bay leaf (remove after cooking)
- 3 tsp. of cornstarch in 2 Tbsp. of cold water (thickener)
- Salt, pepper (to taste)



Menu idea:

Old Fashioned Beef and Vegetable Stew, whole-wheat roll, strawberries, low-fat or fat-free milk

Rinse and prepare vegetables as directed. Heat the oil in a large pot. Add beef and cook until the beef is browned. Add remaining ingredients (except the thickener) to browned beef, bring to boil, then simmer covered for about 1½ to two hours. Add more liquid if needed. Bring to boil at end of cooking time. Mix cornstarch with about 2 tablespoons of water to make a thin paste for thickening, then add to pot and cook on low while gently stirring.

Slow cooker directions: Spray slow cooker with nonstick cooking spray. Mix browned meat and other ingredients (except thickener) and cook on low for eight to 10 hours. Increase heat to high at the end of the cooking time, add thickener and stir gently until thickened.

Makes eight servings. Without added salt, each serving has 230 calories, 8 grams (g) of fat, 21 g of protein, 16 g of carbohydrate, 3 g of fiber and 115 milligrams of sodium.

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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.

