

Having Happy Holidays on a Budget



At this time of year, family budgets can be strained with special gifts and extra food. During the holidays, some people may overspend on foods such as extra snacks and holiday goodies. You can enjoy fun and family time without stretching your budget to the maximum. These are some tips to help you manage your budget. Mark the column that applies to you. Add an idea or two of your own at the bottom.

	I already do this	This might work for me	Doesn't apply to me
Set a holiday budget. When you reach the amount you have decided to spend, stop spending.			
Eat before you go shopping at the grocery store, a department store or a mall. You might be tempted to buy extra "treats" while you are shopping.			
Have a game night at home with family or friends instead of spending money to go to the movies or another event.			
Instead of making many kinds of cookies or other treats, pick your favorite two or three kinds. Or have a "goodie exchange," where you trade cookies or other treats with your friends.			
Have a potluck instead of preparing all the food for holiday gatherings. If everyone brings something, no one is stretched to the limit on cash or time.			
Shop "holiday" grocery sales and use coupons on items that you actually will use. To save money, check your recipes and buy the items you will need during the holidays.			
My idea:			
My idea:			

My goal: _____

For more information about budgeting, see www.ag.ndsu.edu/foodwise/.

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.

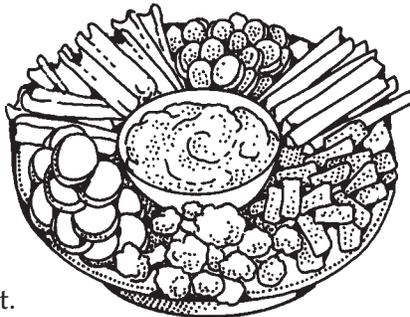
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We are having a potluck dinner for New Year's Day, and I'm in charge of setting it up. What can I do to be sure all the food stays safe?

- Set out serving spoons and/or tongs for each item so people do not touch food with their hands.
- Watch the clock. Perishable food (such as salads, cut-up fruit, meat, gravy) should spend no more than two hours at room temperature.
- Keep hot food hot. Use slow cookers to hold hot foods hot, or keep fully cooked foods warm in an oven set at 200 to 250 degrees.
- Keep cold foods cold. For extra safety when making salads, prechill the ingredients (such as cans of fruit and salad dressing). Make an "ice nest" in a bowl and set the bowls of salad or cut-up fruit on the ice.
- Put out smaller amounts of food at a time to maintain quality.

I have a great vegetable dip recipe made with 1 cup of sour cream, but it's pretty high in fat. What can I do to make it healthier?

Make a simple swap to nonfat sour cream or nonfat plain yogurt to reduce fat and calories. You can trim more than 44 grams of fat and 309 calories from your recipe with nonfat yogurt. See the comparison:



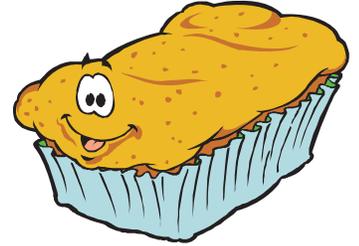
	Calories (per cup)	Fat (grams per cup)
Regular sour cream	444	45
Fat-free sour cream	195	0
Nonfat plain yogurt	135	0.5

Source: USDA Nutrient Database.

Here's a tasty holiday bread that would make a nice gift, too!

Cranberry Nut Bread

- 2 c. flour*
- 2/3 c. sugar
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 2 tsp. grated orange peel
- 3/4 c. orange juice
- 1/4 c. margarine, melted
- 1 egg (OR 2 egg whites)
- 1 c. chopped cranberries
- 1/3 c. chopped walnuts



Glaze

- 1/3 c. powdered sugar
- 1 tsp. water

* You can substitute 1/2 to 1 cup of the flour with whole-wheat flour.

Preheat oven to 350 degrees. Mix flour, sugar, baking powder and baking soda in a large bowl. Grate orange peeling, then squeeze juice from orange. Add additional orange juice to make 3/4 cup. In another bowl, blend orange juice, margarine, egg and grated orange peel; add to flour mixture, stirring just until blended. Mix in cranberries and walnuts. Pour batter into a 9- by 5-inch loaf pan greased on bottom only. Bake for 50 to 60 minutes or until a toothpick inserted in the center comes out clean. Cool in pan 10 minutes; remove and cool completely on wire rack.

To make glaze, mix powdered sugar and water; add water as needed to make a thin glaze. Drizzle over cooled loaf.

Makes 16 servings. Each serving has 150 calories, 5 grams (g) fat, 24 g carbohydrate and 115 milligrams sodium.

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McKenzie and Williams Counties Family Nutrition Program

Please call for more information on nutrition, food purchasing or food safety.



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