



Grocery Shopping Tips: Save Money, Plan Ahead!

- Keep a grocery list throughout the week. As items run out, place them on the list. Be sure to plan for fruits and veggies at meals and snacks.
- Create meals around foods you already have.
- Take advantage of store specials and coupons.
- Look for store brands. They are often cheaper than name brands.
- Shop when you are not hungry. You'll be more likely to stick to your grocery list.
- Include fresh, frozen and canned fruits and vegetables. All varieties can be used in meals and snacks.
- Read food labels. Make sure you are getting the best nutrition value for your dollar.

Get Everyone Involved!

Your child can help with your grocery shopping. They can:

- Clip coupons
- Help write a grocery list
- Suggest foods to put on the grocery list
- Choose recipes or favorite dishes for the week

Take Action!

How many of these ideas can you check off this week?

- Plan ahead to take your child to the grocery store.
- Have your child read the items on the list as you shop.
- Let your child sort items in the cart by food group or color.



Recipe

Confetti Spaghetti

Makes 8 servings

Ingredients

- 1 box whole-wheat pasta, cooked and chilled
- 1 red bell pepper, washed and cut into smaller pieces
- 2 carrots, washed and shredded
- 1 cup cauliflower (about ½ a small head), washed and cut into small pieces (raw or lightly steamed)
- 2 cups baby spinach, washed
- 1 cup purple cabbage, washed and shredded (about ¼ of a head)
- 3 Tablespoons reduced-fat Italian dressing
- 2 Tablespoons part-skim shredded mozzarella cheese (optional)

Directions

1. Place pasta and vegetables in a large mixing bowl.
2. Add dressing.
3. Mix thoroughly.
4. Dish into individual bowls and top with cheese (if desired).
5. Serve!

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