

NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

THE ABC'S of GROCERY SHOPPING

C Most often, grocery shopping is not something that most of us look forward to. It can be very stressful. **B** And a dollar's only going to stretch so far. So to **A** help you keep your sanity during your grocery store visits, we have put together a quick guide to help you with your shopping.

Shopping Basics

Plan menus.

- ✓ Check to see what food is on hand (such as flour, sugar, canned vegetables).
- ✓ Make a shopping list; include all foods that are needed.
- ✓ Check the food sales in the local newspaper.

Plan how much money can be spent on food.

- ✓ Check sale papers to determine if:
 - the sale price is less than the regular price.
 - the menu can be changed to use the sale items.
 - a special coupon is needed to purchase an item at the sale price.
 - you have coupons for those items needed.
- ✓ Use coupons for foods you would normally buy.
- ✓ Have coupons ready to give to the checker in the checkout lane.

Shop at major supermarkets for the best choice at the lowest price.

- ✓ Read shelf labels; compare unit prices between brands to determine the best buy.
- ✓ Buy only the amount of food that can be used, properly stored, and not wasted.
- ✓ Buy mixes only if they are cheaper than what you can make.
- ✓ Avoid buying "extras" that are not needed.
- ✓ Buy cheaper brands of "nonfood" items, such as soaps, when you can.
- ✓ Shop last for refrigerated and frozen foods.
- ✓ Pay cash for food if possible; it is more economical to pay cash than to buy on credit.



**SUPER
GROCERY
BARGAINS**



"Linking Citizens of Louisiana with Opportunities for Success"

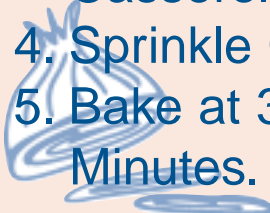
What's Cooking?

BROCCOLI CASSEROLE

- 1 Cup Onion, chopped
- 1 Teaspoon Butter
- 1 10 oz. pkg. Broccoli, frozen
- 2 Cup Rice, cooked
- 1 Cup Cheddar Cheese, shredded



1. Brown Onion in Margarine.
2. Break up Broccoli.
3. Mix Onion, Broccoli, and Rice. Place in Greased Casserole Dish.
4. Sprinkle Cheese over Casserole.
5. Bake at 350 Degrees for 45 - 50 Minutes.



Makes 6 servings



Nutrition Facts

Serving Size (134g)
Servings Per Container

Amount Per Serving

Calories 160 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 5g 23%

Cholesterol 20mg 7%

Sodium 25mg 1%

Total Carbohydrate 18g 6%

Dietary Fiber 2g 8%

Sugars 2g

Protein 7g

Vitamin A 25% • Vitamin C 45%

Calcium 15% • Iron 6%

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	35g

Calories per gram:

Fat 2 • Carbohydrate 4 • Protein 4

References:

- Health and Wellness Center, Bolling Air Force Base, DC
- Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension



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