



FAMILY NUTRITION NEWS

Let's Shop with a List

Dear Homemaker,

It makes **GOOD SENSE** (and **CENTS**) to plan grocery shopping. Planned shopping results in: **GOOD TASTE, GOOD HEALTH, and GOOD PRICE.**

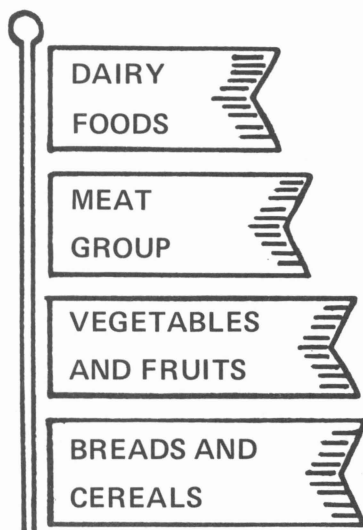
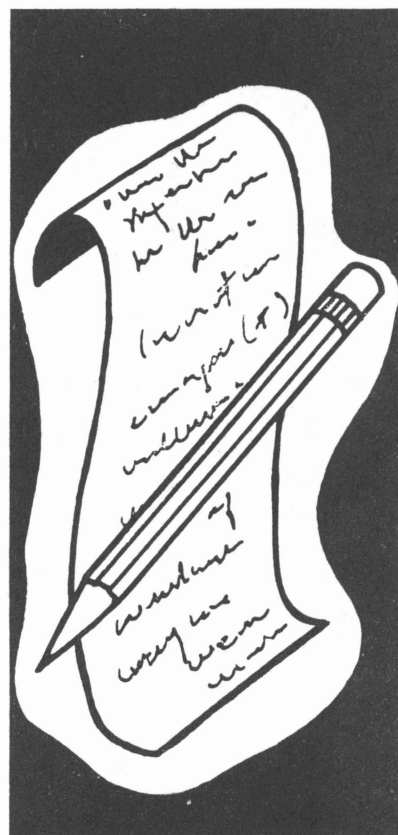
Here are some rules to remember in making a list:

- Plan foods for the week.
- Shop around and watch the food ads for bargains.
- Check food on hand and shop once a week.
- Plan meals around foods in season.
- Read labels and know what you are buying.

Don't wait until you get to the store to try to think of what you need. Without a list, you may spend money for things you do not need.

Sincerely,

Name and title



REMEMBER! Think of the Basic 4 Food Groups first.

There may be extras that don't fit anywhere.

The following gives the amounts and kinds of food to plan for each day:

MILK

Cheese, ice cream, pudding:

2 Servings Per Day
(adults)

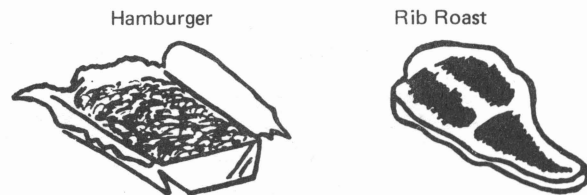


Dry skim milk can be used in cooking or for drinking.

MEAT

Fish, poultry, eggs, dried peas and beans, peanut butter:

2 Servings Per Day

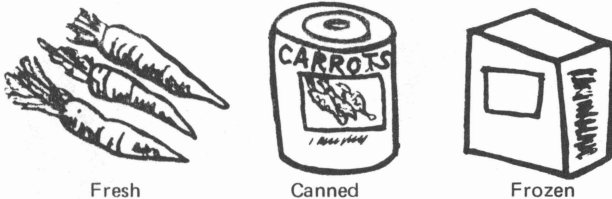


Inexpensive meat cuts, such as hamburger, liver, shoulder chops, chuck roasts and fowl cuts can be used. They have about the same food value as the expensive cuts.

FRUITS AND VEGETABLES

Dark-green or yellow, citrus fruit or tomatoes:

4 Servings Per Day

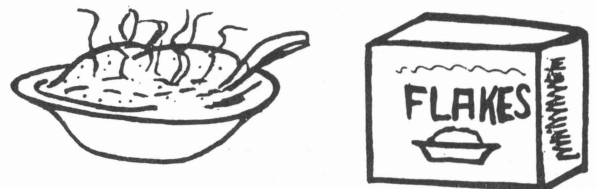


Fresh fruits and vegetables in season are usually cheap. When not in season, canned goods usually cost less than frozen.

BREADS AND CEREALS

Enriched breads, cereals, macaroni, cornmeal, rice:

4 Servings Per Day



Food that you cook yourself costs less than those that are ready to eat.

MORE INFORMATION . . .

A meal-in-one is easy to prepare using foods from all four groups:

Meal-In-One Casserole

- 1 part protein food such as meat, fish, eggs or cheese
- 2 parts cooked starchy food such as noodles, rice or macaroni
- 2 parts vegetables such as beans, peas, tomato, carrots, asparagus or celery
- Sauce enough to moisten such as gravy, white sauce or cream soups
- A crunchy topping such as bread or cracker crumbs
- Seasonings

Combine ingredients. Bake at moderate temperature (350° F.)

This publication was prepared by Frances L. Reasonover, Extension foods and nutrition specialist, The Texas A&M University System, and M. Katherine Beavers, former Extension foods and nutrition specialist — ENP-A, The Texas A&M University System.