



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

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Tips for Eating Healthy on a Budget

Eating healthy on a budget can, at times, be a challenge; however by following these tips, you may be surprised at how much you can stretch your grocery budget and make it last longer.

- Create a monthly grocery budget and stick to it. You may need to allot extra funds for birthdays and holidays.
- Meal plan and make a list. Check your pantry so you aren't buying items that you already have.
- Keep a running tally as you shop.
- Don't shop for an entire month at once. Aim for shopping weekly or biweekly.
- For SNAP recipients, remember that benefits do not need to be spent in one month and that benefits can roll over to the next month. Benefits will expire one year after they are issued.
- Eat seasonally. Many South Dakota Farmer's Markets are staying open longer in the season and accept SNAP benefits. Items such as winter squash can be safely stored in your pantry for two to four months!
- Purchase some good staples that can be used in a variety of meals: rice, beans, eggs, chicken, canned veggies and store brand foods.
- Shop for sales (only items on your list) and compare your favorite grocery stores' prices.



This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Seasonal Fall Produce



Although many fruits and vegetables are available all year, eating seasonally can save you money. Look for these items in the fall:

Vegetables	Fruits
Broccoli	Apple
Parsnip	Pear
Turnip	Grape
Sweet potato	Winter squash
Carrot	Pumpkin

Budget Your SNAP Benefits to Create an Emergency Stash

Planning how to use your SNAP benefits before you go to the grocery will help to stretch the funds to meet your household food needs. Here are three strategies for creating an emergency food stash to save time and money.

1. Buying food in bulk costs less per serving but it can also save time. Make a list of your family's favorite afterschool snacks, munchies and travel food. When these items are on sale, buy extra. Having extra food in the house can be a great time saver when schedules are busy or you need time to prepare a meal and everyone is hungry. Consider healthier versions of chips and drinks (whole grain and low sugar) which will be more filling. Fruits and vegetables are also great snacks. Cheese, yogurt and milk are also great options. These foods are also great for "grab and go" situations.
2. Save money on home-prepared "fast food." Prepare some freezer meals that can be quickly prepared, such as homemade pizza or chili. Other quick meals are wraps or sandwiches. "Snack dinner" is another alternative: set out one big platter for the whole family to share and use up items you already have in the house. A few suggestions: grapes, cucumbers, sliced bell peppers, cheese, crackers and hummus. You will save time by not have to drive to pick up the food and prep is usually just a few minutes.
3. Each time you buy groceries, consider adding an item to your shopping cart that can be included in your emergency stash. This food stash can help prepare for an emergency. As the COVID-19 pandemic continues, it is uncertain if families will need to quarantine for a while. Winter is coming up and a snowstorm is a certainty in South Dakota. Stock up on non-perishable food such as canned fruit, vegetables and soups, and grain products such as pasta, rice and cereal. When it is difficult to go to the grocery store, having these items on hand will help you feel secure at mealtime.





Orange Honeyed Acorn Squash

Makes 6 Servings

Ingredients:

3 acorn squash (small)
1/8 cup orange juice (2 Tablespoons)
1/4 cup honey
2 tablespoons butter or margarine
nutmeg (1/8 teaspoon, optional)

Directions:

Preheat oven to 400 degrees Fahrenheit. Cut squash in half. Remove seeds and place halves in shallow baking pan. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired. Cover pan with aluminum foil to keep steam in and speed cooking. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Orange juice, honey, butter and spices are the perfect pairing for acorn squash. Enjoy this recipe with your favorite protein foods.

Nutritional Information per serving: Total Calories 166; Total Fat 4g; Saturated Fat 2g; Protein 2g; Carbohydrates 35g; Dietary Fiber 3g; Sodium 8mg



Flavorful Fried Rice

Makes 6 Servings

Ingredients:

2 tablespoons cooking oil (or margarine)
1 cup rice, regular, uncooked
3 tablespoons onion (minced)
1/2 cup carrot (chopped or grated)
2 cups water
4 egg (beaten)
4 egg whites (beaten)
1/4 cup milk, non-fat
1/2 cup peas
2 tablespoons soy sauce

Directions:

In a frying pan over medium heat, cook rice, minced onion and carrots in oil, stirring often until lightly browned. Slowly add water. Reduce heat, cover and simmer until liquid is absorbed and rice is tender, about 20 minutes. Beat eggs in bowl. Stir in milk, peas and soy sauce. Pour over hot rice mixture in fry pan. Cook on medium heat. As mixture begins to thicken, gently draw a spatula across bottom and sides of pan. This allows egg mixture to cook. Continue until eggs are firm.

Add some protein and grains to your dinner with this yummy rice dish. Use brown rice for extra fiber.

Nutritional Information per serving: Total Calories 237; Total Fat 8g; Saturated Fat 1g; Protein 11g; Carbohydrates 30g; Dietary Fiber 1g; Sodium 393mg



Start your day with this classic breakfast recipe and serve it with fresh or canned fruit.

Fantastic French Toast

Makes 6 servings

Ingredients:

2 large eggs
1/2 cup non-fat milk
1/2 teaspoon vanilla extract
6 slices whole wheat bread
syrup or other toppings (optional)

Directions:

Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees Fahrenheit. Put eggs, milk and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed. Grease the griddle or pan with a thin layer of oil or use nonstick spray. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side. Optional: serve with syrup, applesauce, fruit slices or jam.

Nutritional Information per serving: Total Calories 102; Total Fat 3g; Saturated Fat 1g; Protein 6g; Carbohydrates 13g; Dietary Fiber 2g; Sodium 160mg



Black beans, carrots, celery and seasonings are simmered into this hearty soup. Bring out the delicious flavors with a splash of lime juice and spoonful of yogurt at serving.

Black Bean Soup

Makes 5 servings

Ingredients:

2 tablespoons vegetable oil	3 cans 15.5 ounce low-sodium black beans (drained and rinsed in cold water, or use 6 cups cooked (dried) black beans)
1 Spanish onion	8 cups water
2 carrots (diced)	1 cube low sodium chicken bouillon
2 celery sticks (diced)	1 lime (juiced)
4 garlic cloves (peeled and minced)	plain low-fat yogurt (optional)
1 teaspoon dried basil	
1 teaspoon dried oregano	
2 teaspoons chili powder (or more to taste)	

Directions:

Place a soup or stock pot on the stove over medium heat and when it is hot, add the oil. Add an onion, carrots, celery, garlic, basil, oregano and chili powder and cook about 10 minutes until the onion is soft. Add the beans, water and bouillon cube and raise the heat to high and bring to a boil. Turn the heat down to low and cook about 2 1/2 hours until the beans are very tender and the mixture is uniform in color. If you want a pureed soup, set the soup aside to cool for about 20 minutes. Put 2 cups soup in a blender and put the top on, halfway (this will allow the soup to expand and any steam to escape) and blend until smooth. Transfer to a large container. Repeat using the rest of the soup. Just before serving, squeeze the juice of 1/4 lime on each serving and a tablespoon of yogurt. Serve right away or cover and refrigerate up to 5 days.

Nutritional Information per serving: Total Calories 358; Total Fat 8g; Saturated Fat 3g; Protein 13g; Carbohydrates 58g; Dietary Fiber 6g; Sodium 557g