



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Family Food Cent\$

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## Show Your Heart Some Love!

February is American Heart Month! While heart disease is the number one cause of death in the United States, you can prevent it by living a healthy lifestyle. Here are some simple tips you can follow to protect your heart.

**Get Enough Rest** – Lack of rest or poor-quality sleep can increase the risk of having high blood pressure, heart disease, and other medical complications.

- Shoot for 7-9 hours of sleep each night and keep a consistent sleep schedule
- Exercise frequently, but not within 2-3 hours before bedtime
- Stay away from caffeine and nicotine

**Eat Healthier** – Incorporate a variety of nutritious foods to lower blood pressure and improve cholesterol levels. The DASH (Dietary Approaches to Stop Hypertension) eating plan can help you create a heart-healthy eating style for your life.

- Check Nutrition Facts Labels to limit saturated fat, sodium, and added sugars
- Go lean with meat, include fish a few times a week, and try to go meatless for a few meals
- Snack on whole and dried fruits, unsalted rice cakes, low-fat yogurt, or raw vegetables in between meals

**Increase Physical Activity** – Get plenty of physical activity to lower the risk of heart disease and stroke.

- Strive for at least 150 minutes of moderate-intensity aerobic activity (such as brisk walking) or 75 minutes

of vigorous intensity activity (like running) per week

- Try incorporating strengthening exercises such as sit-ups, push-ups, squats, resistance bands, or lifting weights two days per week
- Little things add up! Sit less, take the stairs, park farther away, march in place, and take a walk around the block



**Quit Smoking** – Any amount of smoking, even light or occasional smoking, harms your heart and blood vessels.

- Choose a quit date and make a contract with yourself to follow through
- Have a conversation with your health care provider about programs and resources to assist you in quitting.
- Join a support group at a hospital, workplace, or community group. Call 1-800-QUIT-NOW and visit [smokefree.gov](http://smokefree.gov) for any additional support

Your decision to keep your heart healthy starts now! Show your heart some love this February by treating it right.

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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Content from: [extension.org](http://extension.org); [doe.sd.gov/cans/sfsp.aspx](http://doe.sd.gov/cans/sfsp.aspx); [myplate.gov/](http://myplate.gov/)

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# Grocery Shopping: Healthy Foods on a Budget

Do you feel like your food budget does not stretch far enough? Have you taken time to evaluate what you are buying and how well the food feeds your family? Healthy food should be filling, keep you feeling good, and give you the energy you need. Because the food is filling, you won't have to eat as much or buy as much food.

Planning before you go to the grocery store will help you spend well. You want to buy food that easily fits into one of the food groups, grain, fruit, vegetables, protein, and dairy. Avoid buying baked sweets, processed snacks and carbonated drinks. Add to your list foods that can be made into snacks or sweet treats.

## Example

Instead of buying a package of cookies, substitute it with a peanut butter and banana tortilla.

## Here is the cost comparison.

Package of premade grocery store cookies: 1 dozen chocolate chip cookies = \$5.99 (\$0.50 per cookie).

Serving = 2 cookies (\$1.00/serving)

**Cost** = \$1.00

## Peanut butter and banana tortilla

Flour tortillas = package with 10 tortillas = \$1.95 (\$0.19 per tortillas)

Banana = \$0.16 each

Peanut Butter = \$2.89 16 oz jar (2 Tablespoons = \$0.21)

**Cost** = \$0.56

The peanut butter and banana tortilla will cost \$0.56 cents compared to 2 chocolate chip cookies which will cost \$1.00.

Review what your family likes to eat. Figure out ways to substitute healthy options that will cost less and still keep everyone happy and healthy.





## Slow Cooker Beef Stew

Makes 6 Servings

### Ingredients:

2 pounds stew meat (cut into 1 inch cubes)  
¼ cup flour (all purpose)  
salt and pepper (optional, to taste)  
2 cups water  
2 teaspoons beef bouillon (2 cubes)  
1 garlic clove (finely chopped)  
3 carrots (sliced)  
3 potatoes (diced)  
1 onion (chopped)  
1 celery stalk (sliced)  
add herbs as desired (bay leaf, basil, oregano, etc.) (optional)

### Directions:

1. Wash hands with soap and water.
2. Place meat in slow cooker.
3. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat.
4. Add remaining ingredients and stir to mix.
5. Cover and cook on low for 8 to 10 hours or high for 4 to 6 hours.
6. Stir stew thoroughly before serving. If using bay leaf, discard before serving.

Nutritional Information per serving: Total Calories 275g; Total Fat 5g; Saturated Fat 2g; Protein 30g; Carbohydrates 28g; Dietary Fiber 4g; Sodium 218mg

Prepare this in the morning and let it cook all day, so that you can enjoy a healthy and hearty dinner as soon as you walk in the door.



## Mixed Grain Bread

Makes 2 Servings

### Ingredients:

¼ cup cornmeal (yellow)	1 packet dry yeast (active)
¼ cup brown sugar (packed)	¼ cup water (warm 105 – 115 degrees)
1 teaspoon salt	⅓ cup whole wheat flour
2 tablespoons vegetable oil	¼ cup rye flour
¼ cup water (boiling)	2 ¼ cups flour (all purpose)

### Directions:

1. Wash hands with soap and water.
2. Mix cornmeal, brown sugar, salt and oil with boiling water, cool to lukewarm (105 to 115°F).
3. Dissolve yeast in ¼ cup warm water; stir into cornmeal mixture. Add whole wheat and rye flours and mix well. Stir in enough all purpose flour to make dough stiff enough to knead.
4. Turn dough onto lightly floured surface. Knead until smooth and elastic, about 5 to 10 minutes.
5. Place dough in lightly oiled bowl, turning oil top. Cover with clean towel; let rise in warm place until double, about 1 hour.
6. Punch dough down; turn onto clean surface. Cover with clean towel; let rest 10 minutes. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise until almost double, about 1 hour.
7. Preheat oven to 375°F. Bake 35 to 45 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cool on wire rack.

Nutritional Information per serving: Total Calories 92g; Total Fat 2g; Saturated Fat 0g; Protein 2g; Carbohydrates 17g; Dietary Fiber 1g; Sodium 118g

Using cornmeal, rye, and whole wheat flour gives this chewy and delicious bread a wonderful texture and flavor.





# Pear

Yields 2 servings

## Breakfast Pear Parfait

### Ingredients:

2 cups oat circle cereal  
1 pear, chopped  
1 cup low-fat yogurt

### Directions:

1. Put 1 cup oat circle cereal into 2 small bowls.
2. Add ½ of the chopped pears on top of the cereal.
3. Top each bowl with ½ cup of low-fat yogurt

Nutritional Information per serving: Total Calories 460; Total Fat 12g; Cholesterol 10mg; Sodium 270mg; Carbohydrates 86g; Dietary Fiber 12g; Sugar 51g Protein 10g

Find more recipes  
and videos at  
[extension.sdstate.edu](http://extension.sdstate.edu)



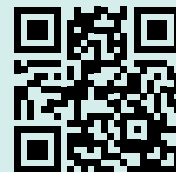
## Did you know ...

Fiber is provided by the skin and pulp of fruits and vegetables. Fiber prevents constipation, helps maintain weight, and lowers risk of diabetes and heart disease.

Learn more at: [extension.sdstate.edu/pick-it-try-it-it](http://extension.sdstate.edu/pick-it-try-it-it)



Learn more ways to save money while grocery shopping with this short interactive lesson available at The Dish: Real Talk about Food. Check out our website here: [thedishrealtalk.com/course2/#/](http://thedishrealtalk.com/course2/#/) or follow instructions below.



1. Open the camera on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your smartphone reads the code and a the link pops up on your screen.