



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Family Food Cent\$

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## Canned, Frozen, or Fresh?

Fruits and vegetables can come in many forms such as canned, frozen, and fresh. With so many options, it can be hard to decide which is the right one to purchase. Here are some things to take into consideration:

**Canned** – Canned fruits and vegetables are so convenient to have in your pantry. They last a long time and don't cost very much. However, there are a few things you should look out for.

- **Sodium** – Salt is added to beans and vegetables to make them last longer. Look for products with “low sodium (<140 mg)”, “reduced sodium (25% less than the regular canned produce)” or “no salt added (<5 mg)”. If you don't see these options, you can rinse and drain the food product before consuming to get rid of some of the salt.
- **Added sugar** – Sugar is often added to make fruits sweeter. Choose fruit that's canned in water, juice, or light syrup.



**Frozen** – Fruits and vegetables are picked and frozen at peak ripeness. They last many months in the freezer and have about the same nutritional content as when they were frozen. Here is something you should pay attention to.

- **Sauces and Seasonings** – Look for vegetables frozen without any sauces or seasonings to reduce sodium content and calories.

**Fresh** – Fresh fruits and veggies can be easy, on-the-go snacks that can replace common goods high in calories and low in nutrients. Look for seasonal and local options to reduce cost and boost flavor. Here is something to keep in mind.

- **Don't overbuy** – While fresh fruits and vegetables look so tasty at the grocery store, they only last so long in your home before they go bad. Make sure to buy just what you need, or you could end up wasting food and money.

Canned, frozen and fresh fruits and vegetables can all fit into a healthy diet. The most important thing is that you buy what is best for you and your family!

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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Recipes from: [myplate.gov/myplate-kitchen/recipes](http://myplate.gov/myplate-kitchen/recipes)

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/)

# Meal Planning on a Budget

The most effective way to plan a meal on a budget is to know how much you want to spend per person for each meal.

For example, if you want to spend \$2.00 for each meal (breakfast, lunch, and dinner) and there are four people in your family. You will spend \$24.00 a day ( $\$2.00 \times 3 \times 4$ ). If you buy groceries every 2 weeks, you plan to spend \$336 ( $\$24.00 \times 14$ ) or \$672 for the month.

Or you can figure out the amount to spend on each meal based on your available spending. For example, if you know you have \$600 a month to spend on food, divide \$600 by the number of meals and the number of family members. If you are planning for 3 meals a day for 4 family members the calculation would look like this:  $\$600 / 30$  (days in a month) = \$20, then  $\$20 / 12$  (3 meals x 4 family members) = \$1.67

## Tips to keep spending low:

1. Buy only what you need. This is why planning for your meals is important. If you shop without a plan, it is hard to plan good meals. Meals do not have to be fancy. Decide foods to include in the plan based on what your family enjoys eating.
2. Include fruits, vegetables, grains, protein, and dairy in each meal.
3. Stick to serving size portions when planning. Control portion sizes when serving food. This will help to keep the costs down.
4. Plan meals around the food you have, before buying more.
5. Avoid processed foods. These are less nutritious and can cost more per serving.

Over time, you will see a pattern in your meal planning and shopping. Adjust your budget as needed. Families with young children may not spend as much per meal because they will eat smaller portions.







**These baked burritos are a great way to use leftover cooked rice. Try them with brown rice for a whole grain boost.**



**A salsa that is different from what you may usually have, this fruit recipe can be a great way to help older kids and teens learn safe knife skills in the kitchen.**

## Bean and Rice Burritos

Makes 8 Servings

### Ingredients:

2 cups cooked rice	8 (10 inch) flour tortillas
1 small onion, chopped	½ cup salsa
2 cups cooked kidney beans (1 (15 ounce) can, low-sodium, drained)	½ cup cheese, shredded

### Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 300°F.
3. Peel the onion and chop it into small pieces.
4. Drain the liquid from the cooked (or canned) kidney beans.
5. Mix the rice, chopped onion, and beans in a bowl.
6. Put each tortilla on a flat surface.
7. Put ½ cup of the rice and bean mix in the middle of each tortilla.
8. Fold the sides of the tortilla to hold the rice and beans.
9. Put each filled tortilla (burrito) in the baking pan.
10. Bake for 15 minutes.
11. While the burritos are baking, grate ½ cup cheese.
12. Pour the salsa over the baked burritos. Add cheese.
13. Serve the burritos warm.

Nutritional Information per serving: Total Calories 341g; Total Fat 8g; Saturated Fat 3g; Protein 11g; Carbohydrates 55g; Dietary Fiber 5g; Sodium 607mg

## Fruit Salsa

Makes 4 Servings

### Ingredients:

1 cup strawberries (diced)  
1 banana (diced)  
1 kiwifruit (peeled and diced)  
1 apple (cored and diced)  
2 tablespoons lemon juice  
¼ cup sugar  
¼ teaspoon nutmeg  
¼ teaspoon cinnamon

### Directions:

1. Wash hands with soap and water.
2. Combine fruits in a medium mixing bowl and add lemon juice.
3. Stir in sugar, nutmeg, and cinnamon. Mix well.
4. Refrigerate until serving time.

Nutritional Information per serving: Total Calories 120g; Total Fat 0g; Saturated Fat 0g; Protein 1g; Carbohydrates 31g; Dietary Fiber 3g; Sodium 3g





# Turnip & Rutabaga

Yields 4 servings.

## Honey Glazed Turnips

### Ingredients:

3 medium turnips, about 1 ½ pounds; peeled, and sliced or diced  
2 Tablespoons honey  
2 Tablespoons canola oil  
¼ cup water  
Salt (¼ teaspoon, to taste)  
Pepper (¼ teaspoon, to taste)

### Directions:

1. In a medium saucepan, combine honey, canola oil and water and bring to a boil.
2. Add turnips, salt and pepper, cover and bring to a boil.
3. Reduce to simmer and cook for about 10 minutes.
4. Uncover and continue to cook until turnips are golden and glazed, about 10 more minutes.

Nutritional Information per serving: Total Calories 118; Total Fat 7g; Sodium 62mg; Carbohydrates 15g; Dietary Fiber 2g; Sugar 12g Protein 1g

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



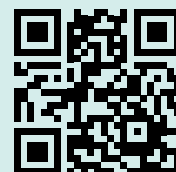
## Did you know ...

Vitamin C is an antioxidant that protects against cell damage, forms collagen and boosts the immune system. Most fruits and vegetables are good sources of vitamin C.

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



Learn which fruits and vegetables are in season 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.