



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Family Food Cent\$

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## Save Money on Snacks

Snacks are those in-between-meals treats. For some, eating every two to three hours provides the energy needed throughout the day. For efficiency, snacks should be quick and easy to prepare or grab and go. Here are tips on stocking the pantry with healthy, cost-effective snacks.

### Include snacks in your meal plan and grocery list.

Snacks can be fresh fruits and vegetables, cheese and crackers, yogurt, smoothies, or simple sandwiches. Plan snacks that use ingredients from other meals (fruits and vegetables are a good example).

### Pay attention to serving sizes.

When serving snacks, follow the appropriate serving size. For example, if cheese and crackers are the snack, serve the recommended serving of crackers. This will help the food last longer and be an economical purchase.



### Less packaging equals lower costs.

When packaged food is purchased, part of the cost is the packaging. Consider including snacks that are less processed and use less packaging. For example, crackers that are individually packaged will cost more per serving because you are paying for the individual bags. Buying a box of crackers and dividing them into individual servings will cost less.

### Plan when snacks will be served.

Be intentional about serving snacks. Whether it is after school, mid-morning or before bedtime, make a plan. This will help to stretch your food and is healthier for everyone in 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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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/)

3,650 copies, \$0.48 each, SDSU Extension. Printed on recycled paper. 7/25

# Meal Prepping for Going Back to School: A Guide to Stress-Free Mornings

As the new school year approaches, the hustle and bustle of daily routines can become overwhelming. One way to ease the transition and ensure you and your family start the day right is through meal prepping. Here's a comprehensive guide to help you get started with meal prepping for school.



## Benefits of Meal Prepping

1. Time-Saving: Preparing meals in advance saves time during busy mornings and evenings.
2. Healthy Eating: Pre-planned meals can help maintain a balanced diet.
3. Cost-Effective: Buying ingredients in bulk and avoiding last-minute takeout can save money.
4. Reduced Stress: Knowing that meals are ready can reduce daily stress and decision fatigue.

## Getting Started

1. Plan Your Meals: Start by planning a weekly menu. Include breakfast, lunch, snacks, and dinner. Consider the nutritional needs and preferences of your family.
2. Make a Shopping List: Based on your meal plan, create a detailed shopping list. Stick to the list to avoid impulse buys.
3. Choose a Prep Day: Dedicate a day, such as Sunday, to prepare your meals for the week. This can include chopping vegetables, cooking grains, and portioning out snacks.

## Meal Prep Ideas

### Breakfast:

- Overnight Oats: Combine oats, milk (or a dairy-free alternative), and your favorite toppings (fruits, nuts, seeds) in a jar. Refrigerate overnight.

- Egg Muffins: Whisk eggs with vegetables, cheese, and seasonings. Pour into a muffin tin and bake. These can be stored in the fridge and reheated quickly.

### Lunch:

- Mason Jar Salads: Layer ingredients in a mason jar, starting with the dressing at the bottom and ending with greens at the top. Shake and enjoy when ready to eat.
- Wraps and Sandwiches: Prepare fillings in advance and store them separately. Assemble wraps or sandwiches in the morning for a fresh lunch.

### Snacks:

- Fruit and Veggie Packs: Pre-cut fruits and vegetables and portion them into snack-sized containers.
- Energy Balls: Mix oats, nut butter, honey, and add-ins like chocolate chips or dried fruit. Roll into balls and refrigerate.

### Dinner:

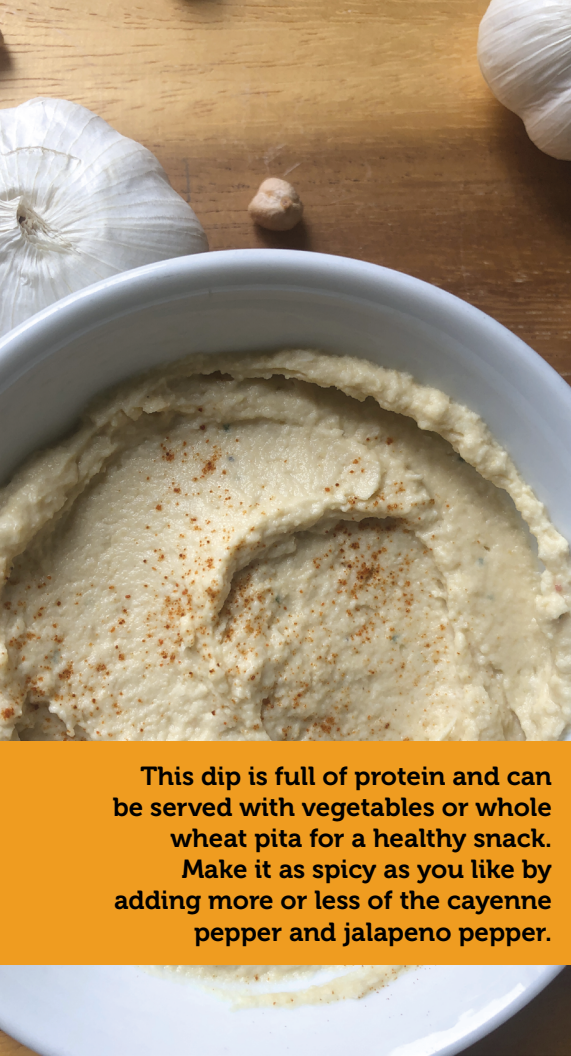
- Sheet Pan Meals: Chop vegetables and protein (chicken, tofu, fish) and store them in a container. On busy nights, spread them on a sheet pan, season, and bake.
- Casseroles: Prepare casseroles in advance and freeze them. Simply bake when needed.

## Tips for Success

1. Use Quality Containers: Invest in good-quality, airtight containers to keep your meals fresh.
2. Label Everything: Label containers with the date and contents to keep track of what needs to be eaten first.
3. Stay Flexible: Life happens, and plans can change. Be flexible and adjust your meal plan as needed.

Meal prepping can be a game-changer for busy school days. With a little planning and preparation, you can ensure that your family enjoys nutritious and delicious meals without the daily stress. Start small, stay organized, and soon meal prepping will become a seamless part of your routine. Happy prepping!





## Fiesta Hummus

Makes 6 Servings

### Ingredients:

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 can garbanzo beans, low-sodium | ½ cup yogurt (plain, non-fat)      |
| ½ teaspoon cumin                 | 1 tablespoon lime juice            |
| ¼ teaspoon salt                  | 1 tablespoon sesame oil            |
| ⅛ teaspoon cayenne pepper        | 1 jalapeno pepper (finely chopped) |
| 2 garlic cloves (minced)         | 2 tablespoons cilantro (chopped)   |

### Directions:

1. Wash hands with soap and water.
2. Drain and mash garbanzo beans in blender, food processor, or with fork. Add remaining ingredients.
3. Blend until smooth.
4. Chill one hour or overnight.
5. Serve on crackers or tortilla chips. Promptly refrigerate leftovers.

This dip is full of protein and can be served with vegetables or whole wheat pita for a healthy snack. Make it as spicy as you like by adding more or less of the cayenne pepper and jalapeno pepper.

Nutritional Information per serving: Total Calories 98g; Total Fat 4g; Saturated Fat 0g; Protein 5g; Carbohydrates 12g; Dietary Fiber 3g; Sodium 207g



## Grilled Pineapple Ginger Glazed Chicken with Zucchini and Peppers

Makes 4 Servings

### Ingredients:

- |  |   |
|--|---|
| 1 ½ cups pineapple juice (12-ounce bottle)                       | ⅛ teaspoon salt   |
| ¼ cup apple cider vinegar  | ¼ teaspoon pepper                                       |
| 3 tablespoons brown sugar  | 1 sweet yellow onion (cut into wedges)                  |
| 1 ½ tablespoons light soy sauce                                  | 2 large zucchini (cut into chunks)                      |
| 1 tablespoon minced ginger                                       | 1 red pepper (cut into 8 strips)                        |
| 1 tablespoon Dijon mustard                                       | 1 orange pepper (cut into 8 strips)                     |
| 1 cup whole wheat couscous, dry                                  | 8 pineapple spears (2-½ x 1-¼ inch, about 1 ounce each) |
| 1 pound chicken breast, boneless, skinless (cut into 4 portions) | 1 green onion, sliced                                   |
| 1 tablespoon olive oil   |   |

### Directions:

1. To make the glaze, combine pineapple juice, vinegar, brown sugar, soy sauce, ginger and mustard in a medium saucepan set over medium-high heat.
2. Bring to a boil; boil for about 15 minutes.
3. Preheat grill to medium heat. Cook couscous according to package directions.
4. While couscous is cooking, toss chicken breast with oil, salt and pepper.
5. Grill chicken, for 2 minutes per side or until grill-marked. Continue to grill, basting and turning with Pineapple Ginger Glaze, for 5 to 6 minutes or until cooked.
6. Grill onion, zucchini, red pepper, orange pepper and pineapple spears, basting with Pineapple Ginger Glaze, for 3 to 5 minutes or until grill-marked and tender.
7. Serve chicken with vegetables and pineapple over couscous.
8. Garnish with green onions.

Fresh pineapple chunks and an easy glaze made with pineapple juice add tropical and zingy flavors to grilled chicken.

Nutritional Information per serving: Total Calories 460g; Total Fat 8g; Saturated Fat 2g; Protein 34g; Carbohydrates 66g; Dietary Fiber 7g; Sodium 396mg





# Strawberry/Raspberry

Makes 2 servings.

## Berries with Banana Cream

### Ingredients:

1/3 cup low-fat, plain yogurt  
1/2 ripe banana  
1/2 ounce fruit juice (orange works well)  
2 cups strawberries, sliced  
1 teaspoon honey  
Dash cinnamon

### Directions:

1. Combine yogurt, banana and juice in a bowl and mash with a fork until mostly smooth.
2. Wash and slice berries.
3. Scoop banana cream into a dish and top with berries. Finish with a drizzle of honey and a sprinkle of cinnamon.

Nutritional Information per serving: Total Calories 60g; Total Fat 1g; Saturated Fat 0g; Protein 2g; Carbohydrates 13g; Dietary Fiber 2g; Sodium 15g

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



## Did you know ...

Fiber is provided by seeds, skin and pulp of fruits. 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 about “back to school preparations” 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.