



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

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Tips to Spend Less on Food

The cost of food has increased by almost 3% since the beginning of the year. If your income has not increased, you may be noticing that you are not able to buy as much food at the grocery store. Use the following tips to stretch your food dollars and spend less on food.

Eat at Home

The cost of restaurant food is also increasing. One way to reduce food expenses is to eat at home more often. Busy families may not have time to prepare food to avoid dining out. Plan for those busy days so you have food that can be easily consumed with little preparation. For example, cutting up fruits and vegetables, supplies to make sandwiches, or crackers portioned into zip top bags.

Shop with a Plan

Before going to the grocery store, plan meals for the week. Look at your calendar to consider days when quick and easy meals need to be prepared. Check your cupboards for foods you have that can be incorporated into the meals for the week. Review sales for the week to include in your plan.

Eat Before You Shop

Do not be tempted to buy food that is not on your list. When you shop hungry or in a hurry, it is easy to add something to your cart that was not planned.

Avoid Prepared Foods

Prepared foods that you just need to cook when you get home can save time, but the cost may not make this an effective use of your resources. Before buying the frozen pan of lasagna, compare the cost of making it from scratch.

Skip the Bottled Water

Bottled water may help you get your fluids, but it is costly. If you buy bottled water for traveling or to have available in your vehicle, consider filling bottles from home for the same purpose. Also, consider cutting back on other purchased beverages that add empty calories to your diet.

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

Content from: extension.org; doe.sd.gov/cans/sfsp.aspx; myplate.gov/

Farm to School in South Dakota: Affordable, Healthy Eating for Families

Eating fresh, nutritious food doesn't have to be expensive. **South Dakota's Farm to School program** connects local farmers with schools to provide affordable, healthy meals for students while supporting local communities. Families using **SNAP benefits** can take advantage of these programs to access fresh produce and learn about sustainable eating.

How Farm to School Benefits Families in South Dakota

- **Affordable, fresh food** – Schools source local produce, making healthy meals more accessible.
- **Nutrition education** – Kids learn about healthy eating, helping families make informed food choices.
- **Community support** – Local farms thrive, creating stronger food networks.
- **Environmental sustainability** – Eating locally reduces waste and supports eco-friendly farming.

Making Healthy Eating Easier

- **Use SNAP at Farmers Markets** – Many markets in South Dakota accept SNAP, offering fresh, local produce.
- **Try School Meal Programs** – Schools participating in farm to school provide nutritious meals.
- **Cook with Seasonal Ingredients** – Local produce is often cheaper and fresher.
- **Get Involved** – Join school garden projects or farm visits to learn more.



Farm to school programs make healthy eating affordable and accessible while strengthening South Dakota communities. Families can take advantage of these initiatives to enjoy fresh, nutritious meals and support local farmers.



A great recipe to use leftover chicken that has been properly handled. Combine with broccoli, cheese, onions, garlic, and brown rice to create a quick dinner!

Cheesy Chicken, Broccoli, and Rice Bake

Makes 12 Servings

Ingredients:

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| 5 cups water | 1 can (10.75 ounces) condensed cream of mushroom soup, reduced-sodium |
| 2 ½ cups brown rice | ¼ teaspoon salt |
| ¼ cup onion, chopped | ¼ teaspoon black pepper |
| 1 garlic clove, chopped | ¾ cup low-fat cheddar cheese, grated |
| 1 cup skim milk | 2 cups chicken, cooked, shredded |
| | 2 cups broccoli, chopped |

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. In large saucepan, bring water to boil. Add rice, onion, and garlic. Cook for about 30 minutes or until rice is soft.
3. While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken, and broccoli. Mix well.
4. Grease 9x13 pan and pour mixture into pan. Bake in preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted.
5. Serve immediately.

Nutritional Information per serving: Total Calories 219g; Total Fat 3g; Saturated Fat 1g; Protein 13g; Carbohydrates 34g; Dietary Fiber 3g; Sodium 324g



Grab some fresh eggplant and tomatoes from the market and serve this veggie casserole with dinner that is topped off with Parmesan cheese.

Fall Veggie Casserole

Makes 8 Servings

Ingredients:

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| 5 ½ cups eggplant, cubes (1 medium eggplant) | 1 teaspoon salt |
| 4 tomatoes | ¼ teaspoon black pepper |
| 1 green pepper | 3 tablespoons vegetable oil (or cooking oil of choice) |
| 1 onion | 2 tablespoons Parmesan cheese, grated |
| 1 clove garlic | |

Directions:

1. Wash hands with soap and water.
2. Remove the skin from the eggplant. Cut the eggplant into cubes. Chop the tomatoes into small pieces.
3. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4. Chop the onion into small pieces.
5. Cut the garlic into tiny pieces.
6. Combine all of the ingredients (except for the cheese) and cook in a large skillet over medium heat until tender.
7. Top with the Parmesan cheese and serve.

Nutritional Information per serving: Total Calories 84g; Total Fat 6g; Saturated Fat 1g; Protein 2g; Carbohydrates 8g; Dietary Fiber 3g; Sodium 313mg



Find more recipes
and videos at
extension.sdstate.edu

Squash

Yields one 9-inch loaf

Zucchini Carrot Bread

Ingredients:

1 ½ cups all-purpose flour	½ cup canola oil
1 cup sugar	1 cup zucchini, grated
2 teaspoons baking powder	½ cup carrots, grated
¼ teaspoon salt	½ cup walnuts or pecans, chopped
¼ teaspoon ground ginger	
1 egg, lightly beaten	

Directions:

1. Preheat oven to 375 degrees F.
2. Add dry ingredients to a bowl and mix. In a different bowl, add egg, oil, zucchini and carrots.
3. Add wet mixture into the dry mixture until flour is blended. Mix in nuts.
4. Pour mixture in a well-greased 9-inch bread pan.
5. Bake for 50 minutes. When done baking, cool pan for 5 minutes then turn bread out onto a cooling rack.

Nutrition Facts per Serving: Calories 270; Fat 1g; Sodium 20mg; Carbohydrates 33g; Fiber 1g; Sugars 19g; Protein 3g



Did you know ...

Beta-carotene is found in bright colored fruits and veggies. It is used to make vitamin A, a nutrient important for vision, immune function, skin and bone health.

Learn more at: extension.sdstate.edu/pick-it-try-it-it



Crunch with us in South Dakota's Crunch Off!

Learn more at: extension.sdstate.edu/event/south-dakota-crunch

