



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

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Celebrating Native American Heritage Month in South Dakota

November is **Native American Heritage Month**, a time to honor the rich cultures, traditions, and contributions of Indigenous peoples. South Dakota is home to vibrant Native American communities, and this month provides an opportunity to learn, celebrate, and support Indigenous heritage.

Why It Matters

Native American Heritage Month recognizes the resilience and achievements of Indigenous peoples. From agriculture to storytelling, Native traditions shape South Dakota's identity. Supporting Native-owned businesses, attending cultural events, and learning about Indigenous history are great ways to engage.



How Families Can Participate

1. **Explore Local Events** – Attend powwows, museum exhibits, and storytelling sessions.
2. **Support Native-Owned Businesses** – Shop at Indigenous markets and restaurants.
3. **Learn About Indigenous Agriculture** – Discover how Native farming practices influence sustainable food systems.
4. **Cook Traditional Foods** – Try recipes using locally sourced ingredients.
5. **Visit Tribal Lands** – Experience the beauty and history of South Dakota's reservations.

Native American Heritage Month is a chance to celebrate and connect with Indigenous culture. Families using SNAP benefits can explore local farmers' markets and farm-to-school programs that highlight Native food traditions.

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/

How to Build a Realistic Food Budget

Food is one of the most flexible parts of your budget, but without a plan, it can quickly spiral out of control. Whether you are feeding a family or just yourself, creating a realistic food budget helps you save money, reduce stress, and make healthier choices.

Know Your Starting Point

Track your food spending for a week or two. Include groceries, takeout, coffee runs, everything. This gives you a clear picture of your habits and helps you spot areas to cut back.

Set a Monthly Limit

Use your income and spending goals to decide how much you can afford to spend on food. A good rule of thumb: aim for 15 – 20% of your monthly income, adjusting based on household size and dietary needs.

Plan Your Meals

Meal planning is your budget's best friend. Choose recipes based on what is on sale, what you already have, and what fits your schedule. Planning reduces impulse buys and food waste.

Shop Smart

Make a list and stick to it. Buy in bulk when it makes sense. Use store loyalty programs and coupons. Compare unit prices to find the best deals.

Limit Dining Out

Eating out is fun, but it can be expensive. Set a monthly budget for restaurant meals and treat them as special occasions. Select lunch instead of dinner, skip extras, or share meals to save.

Adjust as You Go

Your food budget is not set in stone. Review it monthly and tweak it based on changes in income, lifestyle, or food prices. Flexibility keeps your budget realistic and sustainable.

A well-planned food budget does not mean giving up what you love. It means making choices that support your financial goals.

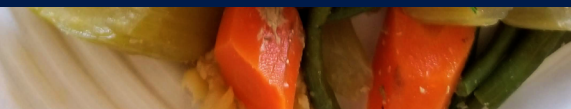




This dense, moist chocolate muffin contains no fats or oils. The secret ingredient is canned (or puréed) pumpkin that binds the ingredients together for a tasty, satisfying treat.



Perfect for a holiday gathering, this roast turkey breast can be prepared in less time than a whole turkey. Enjoy!



Pumpkin Chocolate Muffins

Makes 24 muffins

Ingredients:

2 cups all-purpose flour
¾ cup sugar
1 teaspoon baking powder
½ teaspoon baking soda
½ cup cocoa powder
1 can pumpkin
1 cup water
½ cup chocolate chips

Directions:

1. Wash hands with soap and water.
2. Whisk all the dry ingredients together. Add pumpkin and water.
3. Fold the wet ingredients into the dry ingredients until just combined. Fold in chocolate chips.
4. Place batter into 24 prepared muffin tins and bake at 350 degrees F for 10 to 12 minutes.

Nutritional Information per serving: Total Calories 89; Total Fat 1g; Saturated Fat 1g; Protein 2g; Carbohydrates 19g; Dietary Fiber 2g; Sodium 76g

Roast Turkey Breast with Rosemary, Sage, and Thyme

Makes 8 Servings

Ingredients:

3 pounds turkey breast half (with skin and bones)	1 teaspoon rosemary
1 onion, large quartered	3 tablespoons olive oil
1 carrot, large quartered	salt and pepper (to taste, optional)
1 teaspoon dried sage	chicken broth, low sodium (or
1 teaspoon dried thyme	margarine, for basting, optional)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Place turkey breast in roasting pan along with onion and carrot.
4. Mix spices with olive oil. Rub turkey with olive oil.
5. Roast turkey at 400 degrees F for 15 minutes. Baste with margarine and chicken broth (optional).
6. Reduce turkey temperature to 350 degrees F and roast turkey, basting every 20 minutes with pan juices (or margarine and chicken broth), about 1 hour and 15 minutes, or until meat thermometer inserted in thick part of meat registers 165 degrees F.
7. Remove to carving board and let rest for 10 minutes.

Nutritional Information per serving: Total Calories 305; Total Fat 9g; Saturated Fat 2g; Protein 51g; Carbohydrates 2g; Dietary Fiber 1g; Sodium 175g



Find more recipes
and videos at
extension.sdstate.edu

Sweet Potato

Makes 4 servings.

Mashed Sweet Potatoes

Ingredients:

- 4 medium sweet potatoes
- $\frac{3}{4}$ teaspoon thyme
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Directions:

1. Wash and peel potatoes. Cut them into slices about $\frac{3}{4}$ inches thick.
2. Place them in a saucepan with enough water to cover potatoes. Bring the water to boil on medium heat.
3. Cook the potatoes for 20-25 minutes until they are soft. Drain the water.
4. Put the potatoes in a medium bowl, mash using a fork or potato masher.
5. Mix in the thyme, salt and pepper. Serve hot.

Nutritional Information per serving: Total Calories 113; Total Fat 0g; Cholesterol 0mg; Sodium 217mg; Carbohydrates 26g; Dietary Fiber 4g; Sugar 5g; Protein 2g



Did you know ...

Red, orange and yellow plant pigments are carotenoids which become vitamin A in the body. Vitamin A helps our eyesight, immunity, cell and bone growth.

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



Each month SDSU Extension delivers vital, practical information to South Dakota agricultural producers, small business owners, consumers, families and more through its newsletters.

Sign up for our other newsletters at:
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