



Nutrition Notes *TO GO*

Volume 1 • Number 2

FEBRUARY

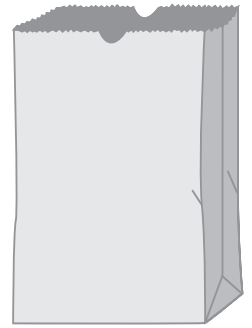
Tips for Saving Money

Most food shoppers have favorite ways of saving money. Which of the super-skills listed below do you already use? Which will you plan to try?

	Already Use	Plan to try
1. Make a list of the meals and snacks you need to prepare.		
2. Look at the foods you already have on hand. Check your refrigerator and cupboards.		
3. Gather your resources. These include Food Stamps, WIC checks, and coupons that can help you save money.		
4. Use grocery store flyers to find the best buys.		
5. Plan what you will serve at each meal.		
6. List the foods you need to buy at the store.		
7. Stick to your list when you shop.		
8. Compare prices to get the best buy.		
9. Have a light snack before shopping. It is harder to stick to your list when you go to the store hungry.		

What's in Season...

Save money and enjoy the best flavors of the season! Best buys for fresh fruits and vegetables in February are:



Vegetables:

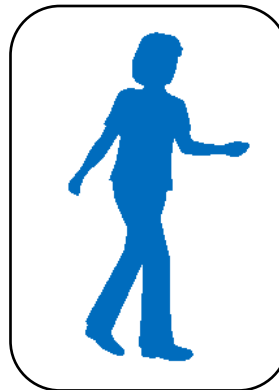
- Cabbage
- Carrots
- Cauliflower
- Potatoes
- Spinach
- Turnips
- Winter Squash



Fruits:

- Apples
- Bananas
- Grapefruit
- Oranges
- Pears

Keep Moving



Build walking into your everyday activities. If you drive, park your car where you can walk a while to get to your destination. If you ride the bus, get off a block or two before your stop. Each will add steps to your day and better health to your life!

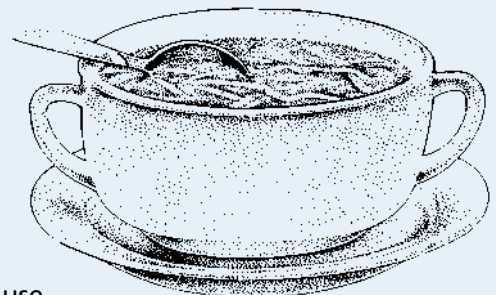


Minestrone Soup

Serves 8

- 2 (14-1/2-ounce) cans chicken broth, low-fat, low sodium
- 1/4 cup shell macaroni, uncooked
- 1 16-ounce package frozen mixed vegetables
- 1 16-ounce can stewed tomatoes, coarsely chopped
- 1 teaspoon garlic powder
- 2 cups red kidney beans, cooked or canned
- 1 teaspoon dried basil leaves or ground basil

- Mix all ingredients in large saucepan; bring to a boil over medium-high heat.
- Reduce heat; simmer 20 minutes or until macaroni is cooked.



TIPS:

- Make extra soup by doubling the recipe and freeze for future use.
- Try whole-wheat pasta in place of the shell macaroni for extra fiber.

Nutrition Facts: Serving size: 1 cup; Calories: 140; Fruits and Vegetables: 1 1/2; Fat: 0.5 g; Fiber: 6 g