

September 2019

### Grocery Shopping Best Buys for Cost and Nutrition

Making nutritious food choices can be difficult on a limited budget. Choosing the foods you purchase carefully can help you maximize nutrition while sticking to your budget.

#### Plan ahead for success

Before you set out for the market, plan your meals for the week and create a list to shop from. It takes a few minutes, but saves time in running back to the store for missing ingredients.

To save money, use coupons, check the weekly grocery ads and incorporate sale foods into your meal planning. Don't shop hungry—an empty belly often results in impulse purchases that may not be the healthiest.

#### Simple shopping rules

Here are some tips from WebMD for savvy shopping without spending hours in the grocery store:

Shop the perimeter of the grocery store where fresh foods like fruits, vegetables, dairy, meat and fish are usually located. Avoid the center aisles where junk foods lurk.

Choose "real" foods, such as 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, add it yourself.

Stay clear of foods with cartoons on the label that are targeted to children. If you don't want your kids eating junk foods, don't have them in the house.

Avoid foods that contain more than five ingredients, artificial ingredients, or ingredients you can't pronounce.

#### Breads and grains

- Look for bargains on day-old bread and bakery products.
- Buy regular rice, oatmeal and grits instead of the instant and flavored types.
- Try whole-grain bread and brown rice to add nutrients and variety to meals.

#### Vegetables and salads

- Look for large bags of frozen vegetables. They may be bargains and you can cook the amount you need, close the bag tightly and freeze the rest.
- Foods at salad bars can be costly; most will cost less in the produce section. But if you only need a small amount of a vegetable, buying at the salad bar can save money if it reduces the amount you waste.

#### Fruits

- Buy fresh fruits in season, when they generally cost less.
- Fruits won't ripen in the refrigerator, so make sure they are at their peak before exposing them to cool temperatures.
- While refrigeration will slow the decay process, it can also alter the texture of fruit. Fleshy fruits like peaches can become mealy, while crispy fruits like apples do well in the refrigerator.
- Never seal fruits and vegetables in an air-tight bag. Produce needs to "breathe," with air circulation, and air tight containers speed up the decaying process.

#### Meat and poultry

- Look for specials at the meat counter. Buying cuts of meat on sale can mean big savings for you.
- Buy chuck or bottom round roast instead of sirloin. These cuts have less fat and cost less. (They need to be covered during cooking and cooked longer to make the meat tender.)
- Buy whole chickens and cut them into serving-size pieces yourself.

### Taco Salad in a Jar

#### Ingredients

- 2 tbsp. extra-virgin olive oil
- 1 lb. ground turkey
- kosher salt
- 1 tbsp. Taco Seasoning
- 1 15-oz. can black beans, rinsed and warmed
- 2 c. frozen corn, thawed and warmed
- 1 head romaine, chopped
- 1 c. shredded pepper Jack cheese
- 1 c. diced tomatoes



#### Directions

1. In a large skillet, heat oil over medium-high heat. Add turkey and season with salt and taco seasoning. Cook, breaking up with the back of a wooden spoon or spatula, until deeply golden and cooked through, 8 to 10 minutes. Set aside and let cool 5 minutes.
2. Among six mason jars, layer ground turkey, black beans, corn, romaine, cheese, and tomatoes. (Pack in a cooler.)

Source: Delish.com

### Community Events

#### Horicon Bank 5k Run/Walk for Wellness

Saturday, Sept 14, 2019; Fond du Lac, WI

Cost: \$25 Website:

<https://localraces.com/events/fond-du-lac-wi/horicon-bank-5k-run-walk-for-wellness>

#### Community for Hope 5k Walk/Run for Suicide Awareness

Saturday, Sept 21, 2019; Oshkosh, WI

Cost: \$20 Website:

<https://localraces.com/events/oshkosh-wi/community-for-hope-5k-walk-run-for-suicide-awareness--hope-and-healing>

