



Cost Cutter

Preparing meals at home will save you big money.

When you can, do the work yourself. Prepared foods cost more.

Use small amounts of more costly protein foods like meat. Supplement your dish with beans and legumes, or serve small amounts of meat with lots of healthy vegetables.

When shopping, buy the amount you need and not more. You don't want to end up throwing food away.

Go easy on foods you buy from the tip of the pyramid, sweets and high-fat foods. Serve fresh fruit or fruit cobblers and crisps for dessert.

*If you want to eat better for less, contact us for more information.
1-877-219-4646*

MAXIMIZING FAMILY MEALS

During mealtime around the family table, you create close bonds and lifelong memories. Family meals can also teach children about healthful eating. Try these easy ways to make family meals a pleasant part of your family routine.

Set a regular family meal time. Regular mealtimes give children a better chance to eat a variety of foods and to get the right amount of food to grow, stay healthy, and keep a healthy weight.

Make it simple, make it quick! Spend less time in the kitchen and more time at the family table. Simple meals, even cold sandwiches, can taste good and be good for you. You can make any meal special if you all feel relaxed and mealtime is filled with caring and laughter.

Eat around a table. It's easier to talk and listen to your family when you face each other. Eating side-by-side at the kitchen counter takes away eye contact.

Enjoy mealtime conversation. Make easy conversations – no nagging or complaining. Give everyone a chance to talk. For conversation starters go to: http://uwadmnweb.uwyo.edu/centsible/2002_3TV.html

Reinforce that family meals are important. During mealtime, turn off the TV. Don't answer the phone. Wait until everyone is finished eating to be excused.

Be realistic about mealtime. Keep meals from lasting too long, especially if kids are tired.



SENIOR SENSE

Mealtime, a Healthy Habit to Keep

Your nutritional needs do not change, whether you're cooking for a family or just one or two. To ensure you are eating nutrient-rich foods, keep up the habit of meal planning and preparation.



Plan meals in advance, either for the week or the month, depending on how often you like to shop for groceries.

- ✓ Include 5-9 fruit and vegetable servings every day. Think colorful and choose a variety.
- ✓ Include 3 servings of calcium-rich foods like low-fat milk, yogurt or cheese.
- ✓ Make at least 3 of your grain servings whole grain: whole wheat, oatmeal, brown rice or barley.
- ✓ Proteins don't have to be meat. Beans and legumes, nuts and seeds are also great choices.

Use 'planned-overs.' Purchase a small roast and cut it to make several meals, such as a smaller roast, a steak and small pieces for stir-fry or stew.

Plan to cook larger batches of foods and freeze in individual meal-sized containers. You may even want to prepare meals with a friend and split the results.

Think of food preparation as a hobby. Look for new ways to prepare foods, and then sit down at the table and enjoy every bite!

Skillet Meals

<i>Breads and Cereals</i> 1 cup raw	<i>Sauce</i> 1 can soup + 1½ cans milk or water	<i>Meat, Poultry, Fish, or Beans</i> 1 pound or 1½ cups cooked	<i>Vegetables</i> 1½ to 2 cups canned, cooked, or raw
Whole wheat macaroni	Cream of Potato	Chopped beef, chicken, or turkey	Carrots
Whole wheat spaghetti	Cream of Chicken	Chopped pork or ham	Peas
Brown rice	Cream of Celery	Ground beef	Corn
Whole wheat noodles	Cream of Mushroom	Tuna	Green beans
Bulgur	Tomato soup	Salmon	Lima beans
	Onion soup	Mackerel	Broccoli
		Beans	Spinach
		Frankfurters	Mixed vegetables
		Eggs	Celery
			Green pepper

1. Choose one food from each of the four groups in the table. Stir together in a skillet.
2. Season to taste with salt, pepper, soy sauce, onion flakes, or garlic powder.
3. Bring to boil.
4. Reduce heat to lowest setting. Cover pan and simmer 30 minutes, until pasta or rice is tender. Stir occasionally to prevent sticking.
5. Stir in up to ½ cup of cheese at the very end. (optional)



Makes 4 to 6 servings.

Facts about family meals

Studies show that people of all ages eat more balanced meals and a wider variety of foods when they eat with family or friends.

Families who eat together consume more fruits, vegetables, and milk, and less fried food and soft drinks. Their diets contain more calcium, iron, vitamins, and fiber, and less saturated and trans fat.

There is a relationship between family meals and a reduced risk that a teen will smoke, drink or use illegal drugs. A survey showed 79% of teens said eating dinner at home was one of their top rated activities they like to do with their parents.



Active Lifestyles for the Family



Active living helps your family enjoy life! Moving more boosts energy and promotes sound sleep. It's also a lifelong way for you and your children to stay healthy and keep a healthy weight. In fact, active living lowers the chance of obesity, diabetes, and heart disease for you and your children.

How can you have an active family?

Get moving yourself! Children often 'inherit' their family's lifestyle. If you do active things, chances are your child will too. Adults set the tone for lifestyle physical activity in the family.

Fit activity into your family life. You don't need to spend extra money, or even get involved in sports. You can all be active just by choosing everyday things that involve movement, like walking.

Play! Let yourself feel young enough to play, especially with your child. If you've forgotten how, your child can show you. Your involvement and enthusiasm supports your child's play.



Set limits on TV and computer time for the whole family. That leaves more time for physical activity.

Children need at least 60 minutes of physical activity on most days. Adults need to fit in at least 30 minutes of moderate physical activity. If you've been out of action for a while, start slowly. Being active with your family is what counts.

Kid's Corner

Marty Says,

"You can help make your family mealtimes special."



Pick flowers for the table



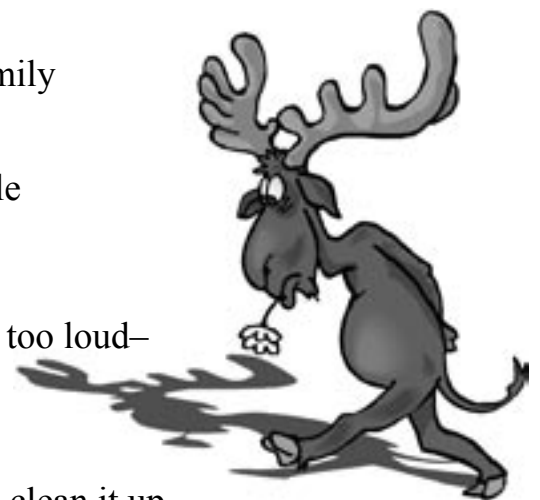
Make paper place mats



Turn on fun music –not too loud– during mealtime



Ask what you can do to help make the meal and clean it up



A *Cent\$ible Nutrition* educator can show you how to:

- Invest food dollars in the best nutrition choices
- save time and money
- prepare tasty meals
- keep food safe

Participants receive a free *Cent\$ible Nutrition Cookbook* plus many other items including:

- computerized diet analysis
- grocery list pad
- menu planner
- calendar
- cutting board
- refrigerator thermometer

Best of all, meet new friends, share ideas, and have fun! Classes are free to those who qualify.

A *Cent\$ible Nutrition Program* graduate reports that meals are now much more peaceful and her husband is serving proper child-size servings to the children. She now has 12 rotating menus, and she is saving an average of \$30 per week on food, a savings of \$120 per month.

To receive more information, contact a *Cent\$ible Nutrition* Educator in your county:

Albany	721.2571	Hot Springs	864.3421	Park	527.8560	Weston	746.3531
Big Horn	765.2868	Johnson	684.7522	Platte	322.3667	Wind River Reservation	
Campbell	682.7281	Laramie	633.4383	Sheridan	674.2980	• Ft. Washakie	332.0470
Carbon	328.2642	Lincoln		Sublette	367.4380		
Converse	358.2417	• Afton	885.3132	Sweetwater	352.6775	En Español	1.877.356.6675
Crook	283.1192	• Kemmerer	877.9056x410	Teton	733.3087	State Office	1.877.219.4646
Fremont	332.1030	Natrona	235.9400	Uinta	783.0579		
Goshen	532.2436	Niobrara	334.3534	Washakie	347.4567		

For information on how to apply for food stamps call 1.800.457.3659

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, P.O. Box 3434, Laramie, Wyoming 82071-3434.

Cooperative Extension Service

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