

October 2018

How to Join: You must have 60 years of lifetime experience or the spouse of someone attending. Completing a participant information packet makes you an official member.

Criteria for Home Delivered Meals

Medically homebound & unable to leave your home without the assistance of another person. An Assessment has to be done by an outreach worker in your home to determine eligibility.

This program is funded by: Older Americans Act Grant from the INCOG Area Agency on Aging, and Participant Donations

Shopping for Health *and* Budget

Here are ways to shop and save money while purchasing healthy choices that are good for you and your family.

Bread

- HEALTH: Always buy 100% whole grain.
- BANK: Stock up and freeze when items go on sale

Canned Goods

- HEALTH: Try to choose items that say no-added-salt or reduced sodium.
- BANK: Store brands, when on sale, are the best value - stock up when you see them!

Cereal

- HEALTH: Oatmeal is one of the healthiest choices because it is a whole grain and has no added salt, fat or sugar (ditto for shredded wheat).
- BANK: Stock up when items are on sale.
- BANK: Even though grits are not a whole grain, they are economical and low in calorie density.

Pasta

- HEALTH: Rice is a very inexpensive option that is also low in calorie density when cooked. Of course brown is best but white is not such a bad option either if that is all your family will eat.
- BANK: Look for sales on store brands and stock up when prices are good.

Produce

- HEALTH: MyPyramid calls for most people to eat about 4.5 cups of fruits and veggies each day.
- BANK: Farmer's markets and local stands often have the best prices.
- BANK: Watch local papers for grocery stores



to offer sales on produce - you can get some great deals.

- BANK: Use items in season to get the best value and for a little change of pace each season.
- BANK: Don't buy too much unless you plan to use it before it spoils. An exception might be if you plan to cook and freeze soups or other dishes.

Protein

- HEALTH: Choose lean, cook lean and use portion control.
- BANK: One word helps here - sale!
- BANK: Use smaller quantities
- BANK, HEALTH: Of course the cheapest protein item is also the healthiest and highest in fiber - beans
- BANK, HEALTH: If you don't have a lot of time use lentils
- BANK, HEALTH: If you do have some time, consider cooking and freezing larger batches of dried beans

Beware of these pitfalls

- Expensive items include soda, chips, cereals, cookies, crackers and convenience meals. These are also calorie dense. Try to limit these treats to just one per week - don't need to fill the cart with them.
- Shopping without a list
- Shopping when hungry
- Shopping with other family members

Quick 5 Checklist to Save:

- ___ Look for store brands
- ___ On sale - good - stock up!
- ___ Compare unit pricing
- ___ Stick to your list
- ___ Use less meat, soda, cookies, crackers, chips, deli, bakery and convenience items

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Reminders:

No Reminders for October 2018.

Reheat in oven to 165 degrees for 15 seconds or place in microwave safe container and reheat.