



Keep Budgets Low while Prices Rise

With rising food prices, it is especially important to plan and budget your meals. Follow these tips below to save money at your next grocery trip:

BEFORE SHOPPING

Meal Plan: Start by thinking about what to eat for dinner each day for a week. Then plan lunches based around leftover dinner meals. Choose meals that you have the time to prepare. Need inspiration? Check out our recipe website [Click N Cook](#) for easy-to-cook meals.

Make a List: Making a list based off your meal plan ensures that you stick to your budget. Start by checking what ingredients you already have in your kitchen.

Use Coupons: Before going to your usual store, check if there are sales or coupons via newsletters or online. Sign up for their rewards program to get the most out of any sales.

WHILE SHOPPING

Shop While Full: Avoid going to the store on an empty stomach. Being hungry can tempt you to purchase foods that were unplanned.

Check Unit Prices: Unit prices can be useful if you are comparing brands or sizes. Buying in bulk can save you money, but make sure these bulk-sized items are ones that you will utilize before expiring.

Store Brand Items: Store-brand items tend to be less expensive and almost the same ingredients and nutrition as popular-brand items.

Fresh vs Frozen: Buying fresh produce that is in season is less expensive than out of season produce. Frozen produce is also less expensive than fresh produce and just as nutritious.

See page four for tips *after shopping!*

Food Safety Tips

Harsh winter storms may cause power outages and affect your fridge. Keep your fridge and freezer doors closed as much as possible. A refrigerator will keep food cold for about 4 hours. After 4 hours, discard perishable foods. A full freezer will hold a safe temperature for up to 48 hours. Never taste food to determine its safety!



If you need help with food, apply for SNAP today!

The Greater Boston Food Bank can help you apply for SNAP benefits. Contact us to find out if you are eligible, want to apply, or want support on your existing case.

CALL: (617) 598 5022
OR
VISIT: [GBFB.org/SNAP](https://www.gbfb.org/SNAP)



Nutrition Facts

All-Purpose Meat Sauce

Amount Per Serving (1/2 cup each)

Calories 123

Calories from Fat 63

% Daily Value*

| | |
|------------------------|-----|
| Total Fat 7g | 11% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 3g | |
| Cholesterol 34mg | 11% |
| Sodium 251mg | 10% |
| Potassium 299mg | 9% |
| Total Carbohydrates 4g | 1% |
| Dietary Fiber 1g | 4% |
| Sugars 2g | |
| Protein 11g | 22% |
| Vitamin A | 5% |
| Vitamin C | 9% |
| Vitamin D | 0% |
| Calcium | 2% |
| Iron | 9% |

* Percent Daily Values are based on a 2000 calorie diet.

All-Purpose Meat Sauce

This sauce can be used for various recipes throughout the week such as pasta dishes, stuffed peppers, chili, casseroles, roasted veggies, pizzas, and more! Store this sauce for up to four days in the refrigerator in a container.

Ingredients

- 1 pound ground beef
- 1/2 cup onion, chopped
- 1 clove garlic, minced
- 2 tablespoons rolled oats
- 1 15-ounce can tomato sauce
- 1/4 cup green pepper, chopped
- 1 tablespoon mustard
- 1 tablespoon Worcestershire sauce (optional)
- 1 teaspoon chili powder (optional)

Directions

1. Brown meat, onions and garlic in a skillet. Drain fat.
2. Stir in oats.
3. Add tomato sauce, green pepper, mustard, Worcestershire sauce, and chili powder.
4. Bring to a boil, reduce heat and simmer for 5-10 minutes.

Makes 12 servings

LOOKINGFORRECIPEINSPIRATION?

CheckoutClick'N Cook®, ouronline recipe database at clickncook.org



JANUARY 2023/ Vol. 13, Issue 4

What can you do with: Sweet Potatoes



Choosing: Sweet potatoes are different from yams! Sweet potatoes have a smooth skin, taste sweet, and are softer when cooked. Pick firm potatoes with smooth skin. Avoid potatoes with soft spots if possible.

Storing: Fresh sweet potatoes should be stored in a cool, dark place for up to 2 weeks. Do not store these potatoes in the fridge as that low temperature can make them too firm and create an undesirable taste. Cooked potatoes can be stored for 3-5 days in the fridge.

Preparing: Wash before using and cut off any brown spots. Leaving the skin on is up to your preference.

Cooking: Sweet potatoes can be eaten in various ways. Add cooked diced potatoes to salads, make soup, or a side of mashed sweet potatoes to provide color and flavor to any dish.

Nutrition: Sweet potatoes are rich in fiber and high in vitamin A and vitamin C. To consume the amount of vitamin A found in one sweet potato, you would need to eat 23 cups of broccoli!

Fun Fact: George Washington Carver is traditionally associated with peanuts, however he also taught farmers how to rotate fields with soil-enriching crops like sweet potatoes.

A CLICK N' COOK RECIPE
MORE AT: CLICKNCOOK.ORG

Sweet Potato and Carrot Soup



Ingredients

- 2 tablespoons butter
- 1 tablespoon olive oil
- 4 large shallots peeled and thinly sliced
- 1 teaspoon dried thyme
- 2 medium sweet potatoes peeled and diced into large pieces
- 1 pound carrots (about 6) peeled and chopped
- 6 cups water
- 1 tablespoon apple cider vinegar
- 2 tablespoons finely chopped fresh parsley (optional)

Directions

1. In a small skillet, heat the oil and butter on medium until butter melts. Add shallots and thyme. Cook 4 minutes until shallots are golden, stirring often.
2. Transfer to a slow cooker bowl. Add sweet potatoes, carrots, and water. Season with salt. Cover and cook on low 3–4 hours, until sweet potatoes are very tender.
3. In a blender, purée soup in batches until smooth. Be sure to keep the lid a little off and hold a towel over it - otherwise the heat will make the lid fly!
4. Stir in the vinegar. Season with salt and pepper to taste. Garnish with the parsley.



Grocery Haul Prep & Cook

AFTER SHOPPING

Proper Food Storage: Following proper food storage guidelines for your new food items can ensure that your items are safe to eat and decreases food waste. Immediately refrigerate and freeze perishable items.

Prepping Ingredients: Wash your produce before storing. Cut any items that make preparing your meals easier later in the week like onions, peppers, and strawberries. Marinate meats for the next day.

Adjusting Recipes: Go meatless one day a week or more. Meat can be the most expensive item in your grocery haul. Choosing other high-protein plant-based items like beans or eggs can save extra money while maintaining a delicious, balanced meal.

Don't be afraid to adjust recipes to your liking, whether it be specific ingredients or amounts.

Added Benefits: While saving money is a major benefit of meal prepping, other benefits include lowering stress levels, developing a better relationship with food, and contributing to a more nutritious diet.

Each week this entire process will get easier and easier!



January 2023

National Soup Month

National Spaghetti Day
January 4

National Bean Day
January 6

National Milk Day
January 11

National Strawberry Ice Cream Day
January 14

National Hot Chocolate Day
January 31