

Food costs are up!! Are you feeling it? Here are some ways to cut costs but continue to eat well:

1. Do not shop while hungry!
2. Plan a weekly menu of dinner meals and check your freezer, pantry and refrigerator before shopping
3. Recycle leftovers-bring them for lunch or add them to salads, pasta, burritos, wraps, pizza
4. Stir-fry what is in your vegetable drawer of refrigerator to use it before it spoils
5. Add over ripe fruit and frozen fruit to smoothies
6. Buy plain rice and pasta rather than boxed mixes and flavor with herbs and spices
7. Make your own salad dressing, marinades and sauces
8. Choose store brands
9. Select seasonal produce
10. Plan your meals around weekly specials

Eat more meals at home and pack your lunch!

Here are some inexpensive and nutritious foods to keep on hand for meals and snacks:

Frozen vegetables, canned fruit in juice, canned tomatoes and other veggies, potatoes, oatmeal (not instant!) pasta (try whole wheat!) Rice (try brown!)

eggs, peanut butter, canned tuna and salmon, canned beans(rinse to reduce sodium), lean cuts of meat, chicken and turkey, frozen fish, fat free or low-fat milk

FISH!! The American Heart Association is recommending we consume fish at least twice a week. It's a lean protein source and some fish offer the beneficial omega-3 fats (see attachment above). Although we need to be aware of contaminants and mercury in fish, these are of most concern for pregnant women and small children. For all others, the health benefits of eating the fish outweigh the potential risks.

<http://www.americanheart.org/presenter.jhtml?identifier=3013797> Are you looking for easy ways to add it to your diet?

Tuna salad is easy and a wonderful hot weather selection—consider adding veggies or fruits you enjoy and using a low fat mayo or plain yogurt to reduce the fat content. Have you discovered the StarKist marinated flat tuna packets? My favorite is the mango chipotle! But I also enjoy the garlic & herb, sweet & spicy and tomato pesto. They make an easy lunch with some whole grain crackers such as Triscuit or Ry-Krisp. Add some baby carrots and an apple and a glass of milk (that way you get something from each food group!) Or use them in a salad, wrap, or quesadilla. Another easy way would be to try the attached salmon patty recipe. It's very easy to prepare these in your kitchen skillet or they can also be done on an indoor or outdoor grill. How about a salmon fillet? At many of the local grocery stores you can find them frozen for about \$1 per 4 oz. fillet. Drizzle with a bit of olive oil and shake on some Mrs. Dash spice blend <http://www.mrsdash.com/> for wonderful flavor without any sodium. Then put on the grill, broil, bake or pan fry. The rule is 10 minutes per inch thickness of fish but they may take less time. Watch carefully since dry fish isn't very tasty! If you are adventurous and want to try other new fish recipes, check out some of these and the ones attached above as well.

http://whfoods.org/genpage.php?tname=recipe&dbid=132&pfriendly=1&utm_source=daily_click&utm_medium=email&utm_campaign=daily_email

http://www.myrecipes.com/recipes/gallery/0,28548,1728680_1648128,00.html?iid=edit-ws-071708

Enjoy the slower pace of summer and be intentional about taking some forward steps on your wellness journey!

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