

# Smart Bites

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University of Georgia.

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Welcome back everyone. Saving your pennies while shopping smart is the focus of this issue of Smart Bites. One thing is for certain- these are uncertain economic times, and it is more important than ever to manage our money. Read below for tips on how to budget at the grocery store. Grab a buddy so you both can enjoy the "Taco Salad for Two," which is this month's featured recipe. Until next time, happy munching! Susan Stone, RD, LD

## **Saving on Groceries Each Week Will Add Up.**

Put yourself on a realistic budget. Can you get by with spending \$45 a week instead of \$60? Cutting your weekly grocery bill by \$15 can save you \$60 each month. Don't grocery shop when you are exhausted and hungry- you're likely to spend more money. Be smart by arriving at the store with a general menu plan in mind.



## **Find a Store that Saves You Money**

Shop around at different stores each week and compare prices. Visit discount outlets that sell groceries, but be careful about spending a lot of money just because the products are cheap. You could be tricked into spending more money and leave with unneeded items.

## **Plan Meals around Weekly Sales**

Check the grocery store flyers in your mail for weekly bargains or ask store personnel once you arrive. Find the "best bargain" meats and

produce to help plan your upcoming week's meals. Remember that produce doesn't have to be fresh to be good for you- frozen or canned fruits and vegetables are often cheaper and faster to prepare.

## **Shop Smart for Snacks**

Snack foods, such as cookies, popsicles, and chips can be tempting- and they can keep us from staying in our budget. Instead of potato chips (which can be as much as \$4 a bag!), prepare your snacks from foods you buy anyway, like cheese or peanut butter on toast. Look for yogurt or fruit on sale, or buy muffin mix instead of pre-made muffins.

## **Keep 'Em Cool**

Refrigerating breads and produce can keep them mold-free for a longer period of time.

adapted from Money Matters newsletter article "5  
Easy Ways to Save on Groceries" by Rhonda Barfiled

# Recipe

## Taco Salad for Two

1 (8 inch) flour tortilla  
Vegetable cooking spray  
1/3 pound ground round  
1/2 cup water  
2 Tbsp. chopped green onions  
2 tsp. chili powder  
1/8 tsp. ground cumin  
2 cups lettuce  
1/4 cup tomato  
2 Tbsp. Cheddar cheese  
2 Tbsp. sour cream  
1/2 cup salsa

from *500 Delicious Diabetic Recipes for You and Your Family*

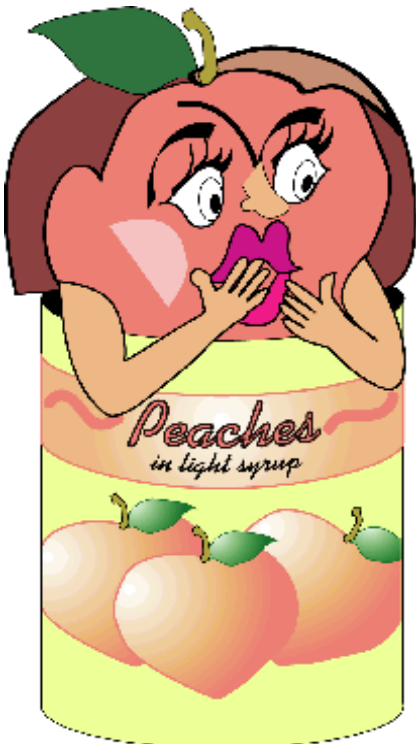


1. Cut tortilla into 8 wedges and place on baking sheet. Bake at 350 degrees for 7 to 8 minutes or until lightly browned.

2. Coat a large nonstick skillet with cooking spray; place over medium high heat until hot. Add ground round, and cook over medium heat until browned, stirring until meat crumbles. Drain and pat dry with paper towels. Wipe drippings from skillet with a paper towel.

3. Return meat to skillet; add water and next three ingredients, stirring well to combine. Bring to a boil; reduce heat, and simmer 10 minutes.

4. Layer tortilla wedges, 1 cup shredded lettuce, and one-half of meat mixture and chopped tomato on each of 2 serving plates. Top each with 1 tablespoon shredded cheese and 1 tablespoon. Serve with salsa.



Polly Peach

## Did You Know ?

...You can find great nutrition information on the web? Visit our web site, NOAHnet, if you are interested for yourself or for educating others. NOAHnet features a variety of topics such as nutrition for bone health, heart health, and vitamins and minerals. Click on the "Fruits and Vegetable" series and get acquainted with our many characters, like Polly Peach and Tonya Tomato. Come check us out- [www.arches.uga.edu/~noahnet/](http://www.arches.uga.edu/~noahnet/). You can even post a message on our bulletin board! NOAHnet specializes in nutrition for older adults but has information that will benefit people of all ages.