



## Eating Nutritious Meals on a Budget

During this time, we must carefully plan on how to spend our money. Some of us need to decide between food items in order to limit our spending when feeding our family. However, we still have to remember that nutrition plays a role in keeping us strong and healthy during this pandemic.

When deciding on items we should consider picking items that have a long shelf life, are quick and easy to prepare, and are healthy and nutritious. Below you will find some staple food pantry items to keep in your home that can be used for a variety of meals:

- **Rice** – you can find rice in boxes (minute rice) or bagged rice to cook in stovetops or rice cookers. Remember brown rice is higher in nutrition quality, more vitamins and more fiber.
- **Beans** – you can find them dry in bags or canned. Black, pinto, and lima beans for example can be combined with many different meals. Including rice. They are high in protein, fiber and nutrients.
- **Flour** – all purpose flour mostly is used for baking, however, wheat flour is better and more nutritious since it is less refined. Flour can be used in a variety of ways and has a long shelf life.
- **Peanut Butter** – you can use it on toast, pancakes, carrots, celery, apples, or whatever else you prefer. Peanut butter is high in protein. However, it is also high in fats and sugars so it is recommended in moderation.
- **Dry Pasta** – aside from making it as a traditional Italian pasta, it can also be used for salads. Whole wheat pasta is higher in nutrition quality containing more fiber and nutrients.



It is important to have a variety of foods in order to get the nutrients we need. However, during this time it may be difficult to purchase some of those items. Below you will find some staple refrigerated and frozen food items that may be used in a variety of meals to provide the essential nutrients we need:

- **Eggs** – can be cooked, fried, scrambled, and boiled. You can add eggs to stir-fry's, salads, and breakfast meals. They are high in protein.
- **Milk** – low fat and skim milk is recommended, as it is lower in fat. Milk can be used for both cooking and baking. It is high in calcium and vitamin D, which is good for your bones.
- **Butter** – can be used for baking and cooking as an alternative to oil.
- **Frozen Vegetables** – are a great substitute to fresh vegetables. They have a long shelf life and are versatile. They can be used for stir-fry's, soups, salads, casseroles. Remember that some vegetables can lose their nutritional value if they are overcooked.
- **Frozen Fruits** – a great substitute to fresh fruits and are high in antioxidants, vitamins, and nutrients.

## Recipe of the Week

Using some of the tips above, try making this nutrition packed recipe below:

### *Whole Wheat Pasta Salad*

- 3 cups cooked wheat pasta
- 1 cucumber
- ½ onion
- 2 tomatoes
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 can of corn
- 1 cup black/red soaked and boiled beans/chickpeas
- 2 tablespoons of roasted penuts (optional)
- ½ cup homemade salad dressing\* or low fat mayonnaise
- Chopped coriander to garnish

Cut all vegetables in to medium sized cubes. Mix cooked pasta, boiled beans, cut vegetables, corn, roasted penuts and Homemade salad dressing/low fat mayonnaise.

Give it a nice toss. Garnish with fresh chopped coriander and serve.

\*Salad Dressing Recipe:

- ½ cup extra virgin olive oil
- 1 tablespoon fresh lemon juice
- ½ tablespoon of chilli flakes
- 1-2 teaspoons minced garlic
- Pinch of black pepper powder
- Salt to taste

Serving: 6 servings

Serving Size: 1 cup



## Announcements

- **Don't Forget To Complete the Census.** If you need assistance, you may call **1-844-330-2020**. For assistance in Spanish, call **1-844-468-2020**.
- Face coverings or masks are encouraged for all while out in public. The CDC.gov website offers various tutorials on how to make masks/face-covers.

For more information contact:

Jessica Marquez

Community Resource Development

Extension Assistant

[Jessica.Marquez@kysu.edu](mailto:Jessica.Marquez@kysu.edu)

Due to the Covid-19 pandemic. I will be working remotely until further notice. You may still contact me via email.

## References

Grimes, K., PhD (Director). (2020, April 24). *5in5 Ep3 Food Pantry p2.mp4* [Video file]. Retrieved April 27, 2020, from <https://www.facebook.com/kysuag/videos/1385713854968206/>

Grimes, K., PhD (Director). (2020, April 17). *Friday's 5 in 5* [Video file]. Retrieved April 29, 2020, from <https://www.facebook.com/164555469844/videos/235372841143985/>

KYSU.EDU/AG | @KYSUAG