



Meal Ideas

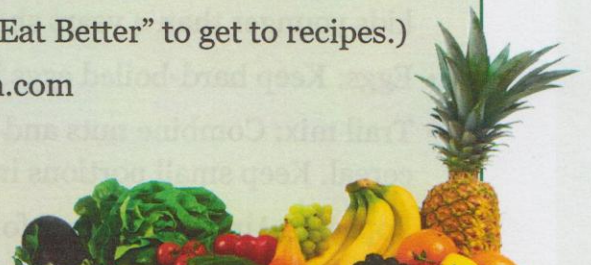
- **Beef stew:** Cook an inexpensive cut of beef, like chuck or shank, with potatoes, onions, and other vegetables from your pantry or freezer. Make a double batch, and freeze half for another week.
- **Pasta:** Mix whole grain pasta with frozen or in-season vegetables and a tomato sauce. To save money, use canned tomatoes when fresh ones are not in season.
- **Soup and sandwich:** Dish up warm bowls of bean, tomato, or chicken soup. Serve with grilled cheese or turkey sandwiches on whole wheat bread.
- **Pizza:** Purchase or make your own dough. Top with tomato sauce, vegetables, and low-fat cheese. To save more money, use leftover vegetables and buy a block of cheese to grate at home.
- **Tuna casserole:** Make this family favorite with tuna packed in water. Save money by buying large (12-ounce) cans of tuna instead of several small cans. If you use cheese, use just a little (no more than 2 tablespoons per serving). This saves money and limits unhealthy fat.



Find Healthy Recipes

Try these Web sites for healthy recipes:

- **Cooking Light:** www.cookinglight.com
- **Eating Well:** www.eatingwell.com
- **Small Step:** www.smallstep.gov (Click "Eat Better" to get to recipes.)
- **Food and Health:** <http://foodandhealth.com>
- **Meals Matter:** www.mealsmatter.org



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