

Fruits and Vegetables..... Good for You!

What's for Supper?

You Can Eat Well on a Tight Food Budget

We all know it is a challenge to provide a simple, delicious and healthy meal for a family on a tight budget. To help, we've included a menu with lots of different vegetables and fruit for a complete dinner for under \$10. It provides enough food for six people. If you have only two or three in your family—you can have a second meal of tasty leftovers!



Sensational Six-Layer Dinner

Yield: 6 servings

Ingredients:

2 - 3 medium sliced potatoes
2 cups sliced carrots
1/4 teaspoon black pepper
1/2 cup sliced onion
1 pound browned and drained ground beef
1 1/2 cups green beans
1 can tomato soup

Serve with:

low fat milk
100% whole wheat bread
cantaloupe

Instructions: 1. Lightly oil or spray baking dish with cooking spray. 2. Layer ingredients in order given. Cover. 3. Bake at 350 degree for 45 minutes or until tender and thoroughly heated. 4. Uncover and bake 15 more minutes.

Note: Canned green beans (drained) can be substituted for fresh green beans. Refrigerate leftover casserole within 2 hours. Casserole can be reheated in microwave to an internal temperature of 165 degrees.

Sensational Six-Layer Dinner is Healthy AND Affordable!

3 medium potatoes	\$.33
2 cups sliced carrots	.42
1/2 onion, sliced	.13
1 pound ground beef	\$3.33
1 can green beans	.42
1 can tomato soup	.50

Plus bread, fruit and milk:

8 slices 100% whole wheat bread	.80
1 medium cantaloupe	\$2.68
6 cups low fat milk	<u>\$1.38</u>

Total cost for this meal is just \$9.99!*

**Prices are meant to serve as a guideline. They may vary by location, store and season.*



How Can I Use My Vision Card to Stretch My Food Dollar?

- ✓ Plan before going to the grocery store. Even if you are only buying a few things, make a shopping list.
- ✓ Shop from your list. You will buy less if you use a list.
- ✓ Shop when you are not hungry. This way you will not buy more than you want and need.
- ✓ Check the store's sales. Pick things on your list that are on sale.
- ✓ Use coupons. These can be used with the Vision Card. Coupons can help your Vision Card buy more.
- ✓ Buy generic or store brands. They usually cost less.
- ✓ Check unit prices. Compare prices.
- ✓ Buy fresh fruits and vegetables when they are in season.
- ✓ Check out your local farmer's market.

Wash Melons Before Cutting

To reduce the risk of getting salmonella or other foodborne illnesses from melons, including cantaloupes:

Wash hands with hot, soapy water before and/or after handling fresh melons.

Scrub whole cantaloupes by using a clean produce brush and cool running water before eating.

Cut away and do not eat bruised or damaged areas of melon.

Throw away leftover cut melon if left at room temperature for more than two hours.

Sensational Six-Layer Dinner Shopping List

- 3 medium potatoes
- carrots
- onion
- 1 pound ground beef
- green beans
- 1 can tomato soup
- 100% whole wheat bread
- 1 medium cantaloupe
- low fat milk

Sensational Six Layer Dinner, cantaloupe, 100% whole wheat bread and low fat milk

Nutrition Facts		
Serving Size 1/6 complete meal		
Servings Per Container 6 servings		
Amount Per Serving		
Calories	440	Calories from Fat 45
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	1g	%
Trans Fat	0g	
Cholesterol	45mg	15%
Sodium	730mg	30%
Total Carbohydrate	68g	23%
Dietary Fiber	11g	44%
Sugars	30g	
Protein	33g	
Vitamin A		260%
Vitamin C		80%
Calcium		60%
Iron		25%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g



USDA is an equal opportunity provider and employer.

This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local SRS office or call (800)221-5689.

For more information, contact your local Extension Office