

# MARCH 2022

## PATCH FOOD PROGRAM NEWSLETTER



## STRATEGIES FOR MAKING THE MOST OF YOUR FOOD DOLLARS

By: Institute of Child Nutrition ([theicn.org](http://theicn.org))

Serving healthy meals to children on a budget is possible, and choosing more nutritious foods gives you the most value for your dollar.

## LOOK FOR SALE ITEMS

If a similar item to what is on your planned menu is on sale, consider buying the sale item. Remember to mark the substitution on your menus. Consider also purchasing store-brand items and items in season.



## COMPARE UNIT PRICES

	<b>32 OZ LP YOGURT</b> <b>UNIT PRICE</b> \$0.05 per oz <b>RETAIL PRICE</b> \$1.62 
	<b>6 OZ LP YOGURT</b> <b>UNIT PRICE</b> \$0.12 per oz <b>RETAIL PRICE</b> \$0.72 

Compare unit prices to find the best dollar value. The unit price is ideal for comparing similar items sold in varying weights and amounts. To find the unit price, divide the total cost of the item by how many units are in the item.

## MAKE ITEMS FROM SCRATCH

Many homemade foods cost less than their processed counterparts. Making foods from scratch may take a little more preparation time, but with a little planning and practice, you will save money.



## WHY DID THE CABBAGE WIN THE RACE?

## BUY IN BULK

Save money by buying larger quantities of foods that will store well, like whole grains, canned or dried beans, and frozen vegetables. However, do not overbuy foods that you may throw out later.

# BUDGET-FRIENDLY FOODS

## GRAINS

- BEANS, PEAS, & LENTILS
- CANNED TUNAS
- EGGS

## FRUITS

- APPLES, BANANAS
- CANTALOUPE, PAPAYA
- PEACHES, PEARS
- PINEAPPLE, WATERMELON

## VEGETABLES

- CABBAGE, CARROTS
- CELERY, CUCUMBERS
- GREEN PEPPERS, POTATOES
- ROMAINE LETTUCE

## MEAT (ALTERNATIVES)

- BROWN RICE
- OATMEAL
- POPCORN
- WHOLE WHEAT BREAD
- WHOLE WHEAT PASTA

# CHICKPEAS AND TOMATOES

### INGREDIENTS

- 1 Tsp Canola oil
- 1 1/4 cps. Onions, fresh, peeled, 1/4" diced
- 2 Gloves Garlic, fresh, minced
- 1/2 tsp Ginger, fresh, grated
- Garbanzo beans (chickpeas), canned, drained, and rinsed; or garbanzo beans, dry, cooked
- 1 1/2 Tsp Tomatoes with juice, canned, low-sodium, diced
- Water
- Chili powder
- Cumin, ground

- Heat oil in a small stockpot on medium-high heat. Add onions, and sauté until soft. Do not brown. Add the garlic and ginger; stir until fragrant.
- Add the garbanzo beans (chickpeas), tomatoes with juice, water, chili powder, and cumin. Continue cooking on medium-high heat, and bring to a boil.
- Reduce heat to medium, and simmer uncovered for 10 minutes or until there is only enough liquid to cover the bottom of the pan. Heat to 140 °F or higher for at least 15 seconds.
- Serve 1/2 cup.
- Critical Control Point: Hold at 140 °F or higher.



**A: BECAUSE IT  
WAS AHEAD**

