Plan, Shop, Save!

Tips for saving money when shopping for food:

- Make a list of all the foods you need. Do this in your kitchen so you can check what you have on hand.
- Look for specials in the newspaper ads for the stores where you shop.
- Look for coupons for foods you plan to buy.
- Try store brands. They usually cost less than name brands, can taste as good and generally have the same nutritional value.
- If the store has a savings card, sign up for one. Often there are specials that are only available to card holders.
- Try to shop when you are not hungry.
- Allow enough time to grocery shop so you can read labels and make healthy choices for your family.
- Compare prices before you buy food. Look at unit prices, which are usually on the shelf below the items.

Use the Nutrition Facts Panel

The Nutrition Facts panel on the food label is your guide to making healthy choices. Using the Nutrition Facts panel is important when shopping because it helps you compare foods before you buy. Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high. When reading the Nutrition Facts panel, consider buying items with lower amounts of these:

- saturated fats
- trans fats
- cholesterol
- sodium
- sugar
- Higher amounts of these:
  - fiber
  - vitamins A, C & E
  - calcium
  - potassium
  - magnesium
  - iron

Food safety tips for shopping and storing food:

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery cart, grocery bags, and in your refrigerator (store these food on lower shelves).
- Do not buy cans that have leaks, bulges or rust, or dents on the seam or rim.
- Buy only items that you know you will use.
- Put items away first that need to be refrigerated or frozen.
- Freeze meat, poultry and fish that you cannot use within 2 days.

Healthy Recipe: Baked Chicken Nuggets

4 servings, about 3 ounces each
Preparation time: 15 minutes
Cooking time: 12 to 14 minutes (6 to 8 minutes for microwave cooking)

Ingredients
1 ½ pounds chicken thighs, boneless, skinless
1 cup corn flakes cereal, crushed
1 teaspoon paprika
½ teaspoon Italian herb seasoning
¼ teaspoon onion powder

Directions
Remove skin and bone; cut thighs into bite-sized pieces. Place cornflakes in plastic bag and crush by using a rolling pin (if you don’t have a rolling pin, use a can). Add remaining ingredients to crushed corn flakes. Close the bag and shake until blended. Add a few chicken pieces at a time to crumb mixture and shake to coat evenly.

Preheat the oven to 400ºF. Lightly grease a cooking sheet. Place chicken pieces on cooking sheet so they are not touching. Bake until golden brown, about 12 to 14 minutes. Use a food thermometer to check the internal temperature of the chicken which should reach a minimum temperature of 165ºF.

Nutrition Facts

Serving Size 1 cup (8 oz)
Servings per package 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories 86</td>
<td>Calories from Fat 0</td>
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<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
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<tr>
<td>Cholesterol 4mg</td>
<td>1%</td>
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<tr>
<td>Sodium 125mg</td>
<td>5%</td>
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<tr>
<td>Total Carbohydrate 12g</td>
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<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
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<tr>
<td>Sugars 11g</td>
<td></td>
</tr>
<tr>
<td>Protein 8g</td>
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</table>

Vitamin A 10%     Vitamin C 3%
Calcium 30%       Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
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<td>Less than</td>
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<td>10g</td>
<td>20g</td>
<td>10g</td>
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For more information on the Nutrition Fact Panel, visit www.gethealthyclarkcounty.org/chronic_disease/nutrition.html.

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