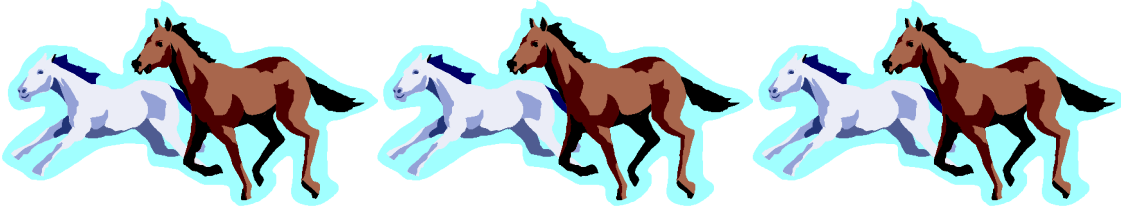


PHILLY'S PLACE

Newsletter



The essential joy of being with a horse is that it brings us in contact with the rare elements of grace, beauty, spirit and fire.
Sharon Ralls Limon

January, 2010

Howdy to all. I wanted to help start us off on a good foot this year. I know at the end of last year I purpose to you to start journaling your food intake. Now I would like to help with some information that TOPS has made available to us to help us in our journey to healthy lifestyle change. If you need help in menu planning please call me. I have had several leaders call me about helping members with weight loss. I have a few good ideas, so please contact me.

Easy Tips: Eating Well on a Budget

– In a tough economic environment, eating well on a budget can be challenging. Tempting low-cost, high-calorie comfort foods are readily available, but often lack important nutrients that are sacrificed in exchange for convenience. It can be relatively easy to create flavorful, well-balanced meals without busting the budget.

Eat In More and Out Less

To save money while cooking at home, try some of these tips:

- Make at least one meal meatless. Choose recipes that utilize eggs or dried beans – like pinto or northern beans – as the main protein.
- Double your recipes and freeze leftovers or extra amounts of meat, bread, and cooked vegetables. Bring to work for lunch or use the excess ingredients as inspiration for future meals.
- Eat dinner as a family, or consider having a weekly potluck with neighbors to reduce the cost per person of your meals.
- Clip coupons, avoiding “new food” coupon gimmicks that often are low in nutritional value.
- Subscribe to a healthy cooking magazine, or peruse recipe books for healthy ideas.

Plan Meals for the Week in Advance

A meal planning chart or simple shopping list for the week are great tools for the budget-minded, health-conscious consumer. Knowing what you already have in the pantry and what you intend to make ahead of time reduces impulse spending, saves time, and improves the nutritional value of your meal.

- Take part of one day a week to plan the upcoming week’s menu. Search “meal planning charts” on the Internet for a variety of templates and convenient shopping tools.

- Read the supermarket circulars in your local newspaper, or look online for weekly specials that can help guide your meal planning.
- Post meal plans on the refrigerator door where the entire family can see it and refer back to it throughout the week. This also helps avoid the dreaded question, “What’s for dinner?”

Only Shop Once a Week

In addition to shopping at grocery stores, try local markets and even dollar stores. “Deals often abound on seasonal items, and you can find a wide variety of quality produce, meat, and fish. “Butchers offer occasional fresh or specialty items on sale. When you can select the exact quantity you want, you end up saving more money than you would with larger ‘value’ packs that you may not use or that contribute unnecessarily to your daily caloric budget.”

Some other suggestions include:

- Only shop once a week. This makes it easier to avoid unnecessary purchases and encourages you to stick to your weekly menu.
 - Have a snack before you visit the grocery store. Shopping on an empty stomach can lead to impulse buying.
 - “Shop the perimeter,” remembering that the least healthy and most overpriced packaged foods are concentrated in the middle aisles.
 - If fresh fruits and vegetables are cost-prohibitive, try the frozen or canned versions. Frozen produce is often flash frozen at the source, locking in nutrients. Ingredients.

Savvy shoppers know that using unit pricing can maximize their purchasing power. Commonly listed in small print below or to the side of the total price and as dollars or cents per unit of weight – such as pounds, ounces, or grams – unit pricing can be a valuable tool that helps you make an informed choice about your purchases. Grocery stores don’t always post the costs on sale items; bring a calculator with you to the supermarket, or use the calculator on your cell phone.

I’m looking forward to a great light year in the chapters.” If it is to be it is up to me. “

TOPS Hugs,
Phyllis Fisher