

# NUTRITIOUS PANTRY STAPLES THAT \$AVE YOU!

Eating healthy in tough economic times is easier than you think. Whatever you do...don't reach for that macaroni & cheese or Top Ramen™ when trying to stick to a limited budget. The following items are healthy, nutritious and can help you save money without jeopardizing your health. – Deborah R. Camacho, MS

<b>DRY BEANS</b>	<ul style="list-style-type: none"> <li>• Can be stored for long periods of time at room temperature</li> <li>• Cheap and can be frozen</li> <li>• Full of fiber, protein and packed with phytochemicals (good for your health)</li> </ul>
<b>POTATOES (RED, RUSSET, GOLD YUKON, SWEET ETC.)</b>	<ul style="list-style-type: none"> <li>• Cheap and can be frozen</li> <li>• Great source of complex carbohydrates</li> <li>• Great addition to soups and stews</li> <li>• Store in cool, dry place away from light and not sealed in any bags</li> </ul>
<b>DRIED FRUIT</b>	<ul style="list-style-type: none"> <li>• Can last up to a year in an unopened package</li> <li>• Keep in air tight containers</li> <li>• Watch for sale ads or local warehouse grocers</li> <li>• Great source of vitamin C, potassium and other nutrients</li> <li>• Quick snack or addition to salads or yogurt</li> </ul>
<b>RAW NUTS</b>	<ul style="list-style-type: none"> <li>• Buy in the shell – unsalted preferably</li> <li>• Buy in bulk or watch for sales</li> <li>• Great source of protein and heart healthy fats</li> <li>• Can be stored in cool dry place up to 1year</li> <li>• Versatile use in salads, breads, smoothies, cereals, yogurts etc.</li> </ul>
<b>CANNED OR FROZEN VEGETABLES</b>	<ul style="list-style-type: none"> <li>• Stock up when grocery ads are favorable</li> <li>• Canned shelf live is 1-2 years, frozen vegetables is 6-12 months</li> <li>• Go for low-sodium canned items (tomatoes, tomato sauce is a favorite)</li> <li>• Never buy dented cans</li> <li>• Convenient and nutritious ways to add to soups, stews, pasta, rice dishes etc.</li> </ul>
<b>SKINLESS CHICKEN BREASTS</b>	<ul style="list-style-type: none"> <li>• Low fat, low cholesterol and great source of lean protein</li> <li>• Buy in bulk or when on sale</li> <li>• Versatile use as a main dish, in soups, sandwiches, stir-fry, crock-pot dishes etc.</li> <li>• Can be frozen – up to a 1 year</li> </ul>
<b>BOTTLED FRUIT JUICE (100%)</b>	<ul style="list-style-type: none"> <li>• Unopened bottles can last for several months, refrigerate open bottles to get a 1-2 week shelf life</li> <li>• Great source of vitamin C and other nutrients</li> <li>• Read the label, avoid buying sugar water</li> <li>• Great to curb the sweet tooth or use in smoothies</li> <li>• Watch for sales &amp; coupons</li> </ul>
<b>CANNED TUNA OR SALMON</b>	<ul style="list-style-type: none"> <li>• Rich in omega 3 fats and protein (heart healthy fats)</li> <li>• Can last up to 1 year on your shelf</li> <li>• Varieties include; pink, albacore, yellow fin tunas and traditional salmon</li> <li>• Great for sandwiches, salads, on-the-go snacks</li> <li>• Best buys found in bulk or warehouse grocers.</li> </ul>
<b>PASTA/RICE</b>	<ul style="list-style-type: none"> <li>• Buy whole grain varieties or at least a mix between traditional and whole grain</li> <li>• Whole grains are great sources of complex carbohydrates (brain food)</li> <li>• Can last for 6-12 months unopened or in an airtight container</li> <li>• Inexpensive, quick, and convenient staple</li> <li>• Use with soup or sauces or as a main course</li> </ul>



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## **More Money Saving Tips!**

1. Plan your weeks' meals -then make your list to suit.
2. Survey your cupboards thoroughly when making your list.
3. Always shop with a list.
4. Use coupons and watch for ads!
5. Warehouse grocery stores or outlets can save you money.
6. Buy store brand items instead of name brand.
7. Buy fruits and veggies in season or try local farmers markets.
8. Shop bulk aisles for staples like rice, beans, pasta, nuts, condiments etc.
9. Eat less meat. Do one vegetarian meal a week; it's better for our planet and your heart!
10. Bring your own bags. Some stores pay you to use your own bags.
11. Don't buy something just because it is on sale!
12. Shop with cash only. (Better bring your calculator)
13. Get an extra freezer.
14. Don't shop hungry or with kids.
15. Eat at home more, eat out less.

## **5 Credible Coupon Sites**

### **a. [Coupons.com](http://Coupons.com)**

Easy layout, search by zip code. Must download the site's coupon printing software. Check stores to make sure they accept internet coupons

### **b. [CouponCabin.com](http://CouponCabin.com)**

Deals updated three times a day. All types of products and brands, not just food. Weekly email newsletter alerts.

### **c. [Retailmenot.com](http://Retailmenot.com)**

This is a social network that helps you easily and quickly filter out bad coupon codes etc. Registration is free; just go to "join community". You get feedback from others using the site, very reliable. Deals on everything under the sun, use your zip code to search or categories. Online and in-store coupons available.

### **d. [Couponmom.com](http://Couponmom.com)**

Lists online codes, printable coupons and FREE samples. No a lot of banner ads to distract you! They have a virtual coupon organizer and email alerts and a shopping list tool. Easy to use and reliable.

### **e. [Smartsource.com](http://Smartsource.com)**

They take local store sales and merge with a wide variety of printout coupons and online deals to help consumers maximize their savings. Check with stores to make sure they accept printed coupons before downloading their software.

**\*Try these websites when you want a recipe made from certain ingredients you have on hand.**

- [www.allrecipies.com](http://www.allrecipies.com)
- [www.recipematcher.com](http://www.recipematcher.com)
- [www.supercook.com](http://www.supercook.com)
- [www.recipepuppy.com](http://www.recipepuppy.com)