



## Shop Smart to Save

**HEALTHY EATING** starts at the grocery store, so it's important to make informed choices. Even though groceries are at an all-time high, with careful planning and shopping you can stretch your food dollars while



still bringing home all you need to make healthy, delicious meals. Here are some tips to help you shop smart and save money.

### SHOP YOUR PANTRY

Take a careful look at your pantry, fridge and freezer before heading to the store. There's a good chance you already have some ingredients that can and perhaps should be used first.

### MAKE A LIST

Make a shopping list and stick to it. It's easy to be enticed to buy things on a whim but your bill will grow with every item tossed into the cart and these extras may not be the healthiest choices.

### CHECK FOR DEALS

Stores advertise their specials in a variety of ways, and by taking advantage of these deals the savings can really add up. Be sure to check for weekly coupons and specials when you are making your list.

### BUY GENERIC

Before you pick up that name-brand item, take a look at the store-brand version sitting right beside it. These options are typically less expensive and contain the same basic ingredients.

### PAY ATTENTION TO UNIT PRICES

The unit price is the price for a single unit of measure of a product. The unit price tells you about the cost per pound, quart or other unit of weight or volume of a food package. It is usually posted on the shelf below the food. The shelf tag shows the total price and price per unit. Use this to compare the cost of similar items.

*(continued on page 2)*

## Cultural Cuisines

### > Egypt <



### Origins & Roles of Food

Egyptian food is one of the most authentic cuisines in the world. With a combination of elements from across the Middle East and North Africa, as well as Greece and France, it reflects the diverse influences that the Egyptians have had throughout history.

### Food Customs

Egyptian food is similar to food in other Mediterranean countries. Halal means the food is permitted and prepared according to Islamic law (pork and alcohol are prohibited). Meals consist of a round flatbread, rice, beans, fresh vegetables and a little meat for seasoning.

### Staple Foods

Aish Baladi (flat bread), fava and other beans, lentils, eggplant, potatoes, tomatoes, cucumbers, bananas, dates, oranges, grapes, rice-stuffed vegetables and grape leaves, hummus, falafel (chickpea fritters), shawarma, kebabs, kofta and kushari (lentil, rice and macaroni)

### Dining Etiquette

It's impolite to eat in front of your Muslim colleagues or invite them for a meal, before sundown during Ramadan. Return for second helpings rather than fill your plate full at first. Dining utensils are optional, a great variety of foods can be eaten using only the right hand and using bread like a utensil to scoop the food. Wait to begin eating until the oldest male at the table has begun.

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## Shop Smart to Save

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### BUY IN BULK

Buying items in bulk almost always gives you the best value per item (unit price). If you're shopping for items you can always use like rice, pasta, baking staples and beans, then buying in bulk is the way to go.

### DON'T GO TO THE STORE HUNGRY

This may seem obvious, but research shows that you buy more when you're hungry (including nonfood items)! If you shop when you're famished, you're more susceptible to impulse purchases, which often mean processed or packaged foods that are more expensive and possibly less healthy.

### EAT SEASONAL AND LOCAL

This is one simple way to save money on groceries. In-season produce is cheaper because it's more abundantly available. Buying local is also more eco-friendly (and tasty).

### BUY WHOLE FRUITS AND VEGGIES

Pre-chopped onions and carrots and sliced fruit costs more than buying whole vegetables and fruit and doing it yourself. It takes a little more time, but the money saved will be worth it.

### DO THE PREP WORK

Just like fruits and veggies, there are many food items you can buy that will save money when you do the prep work at home. For example, buy whole cheese and grate it or a whole chicken and cut it up.

### LOOK FOR ALTERNATE SOURCES OF PROTEIN

Stock up on protein-rich items that give you a lot of bang for your buck like eggs, tofu, peanut butter, lentils and beans. These less expensive items can replace pricier animal proteins in many dishes.

### SKIP BOTTLED WATER

Switching from bottled water to tap water or a home water filtration system can save you hundreds of dollars per year.

### CHECK YOUR RECEIPTS

Sometimes things get scanned twice or price adjustments aren't made to match sales and specials. Make sure you take a look at your receipt to confirm you aren't being overcharged.

Source: [www.rd.com/list/supermarket-tricks](http://www.rd.com/list/supermarket-tricks)



## The Freezer is Your Friend

**FREEZING THE BOUNTY OF FRESH SEASONAL PRODUCE** is one of the easiest ways to stop wasting food and money. Most vegetables and many fruits freeze well and can be enjoyed as a side dish or in a soup, stew or smoothie, bringing seasonal produce to your table all year long.

Rinse, trim and ensure produce is evenly sized or sliced. Blanch and shock vegetables by briefly dunking prepared vegetables in boiling salted water (1-2 minutes) and then in an ice water bath to stop the cooking process and preserve color and flavor.

Fruits require no blanching, unless it is to easily remove the skin, such as from stone fruits. Just give them a quick wash and remove the seed if needed.

Once the produce is dry and cool to the touch, spread them on a sheet pan and place in the freezer for about 30 minutes. Once frozen, remove them to food storage bags, date and store in freezer.

— *America's Test Kitchen*

# Using the Nutrition Facts Label

Look for the **Nutrition Facts** label on food and beverage packages. Once you spot it, you'll find a wealth of information to make **healthy food choices**.

Using the Nutrition Facts label is as easy as 1-2-3!

Nutrition Facts	
4 servings per container	
<b>Serving size 1 1/2 cup (208g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## 1 Size up Servings

The information listed on the Nutrition Facts label is usually based on one serving of the food. **Pay attention to the serving size and the number of servings you eat** or drink to discover the total number of calories and nutrients you are consuming.

If you eat or drink two servings of the food or beverage, you are getting double the calories and nutrients that are listed on the label. And keep in mind, packages can—and often do—contain more than one serving!

## 2 Consider the Calories

Calories from food provide the energy your body needs to function and grow. When you are active, you “burn” calories. **To keep your body healthy, balance the number of calories you eat and drink with the number of calories your body uses.**

Everyone’s calorie needs are different and depend on age, sex, height, weight, and physical activity level. Curious about calorie needs? Check out [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan).

- TIP**
- **100 calories** per serving of an individual food is considered a **moderate** amount
  - **400 calories** or more per serving of an individual food is considered **high** in calories

## 3 Choose Nutrients Wisely

**% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet.** Use %DV to see if a serving of the food is high or low in an individual nutrient and to compare food products.

- TIP**
- **5% DV** or less of a nutrient per serving is considered **low**
  - **20% DV** or more of a nutrient per serving is considered **high**

Choose foods that are higher in nutrients to get more of (dietary fiber, vitamin D, calcium, iron, and potassium) and lower in nutrients to get less of (saturated fat, *trans* fat, sodium, and added sugars).



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[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)



## Egyptian Lentils and Rice

Lentils, green .....	1½ cups	Pepper .....	¼ tsp
Salt .....	¾ tsp	Rice, brown .....	¾ cup
Olive oil .....	1½ Tbsp	Chicken or vegetable stock .....	8 cups
Onion, chopped .....	1 large	Pita breads, whole wheat, halved .....	3
Cinnamon .....	¾ tsp		
Cumin .....	1¼ Tbsp		

1. Pour olive oil into the bottom of a slow cooker. Add all remaining ingredients except the bread.
2. Cover and cook for 6-7 hours on Low or for 3-4 hours on High. Stir mixture, if it is dry, add a little more stock. If it is too soup-like, remove the lid and continue cooking on high.

Yield: 6 servings

Meets requirement for whole grain rich and meat/meat alternate

— *PrettyBeeBlog*

## Summer Squash Sauté

Zucchini, split in half lengthwise, cut into ¼ inch slices .....	1 large	Shallot, finely minced .....	1
Yellow squash, split in half lengthwise, cut into ¼ inch slices .....	1 large	Cherry tomatoes, sliced in half .....	1 cup
Olive oil .....	3 Tbsp	Lemon juice .....	1 Tbsp
Serrano chili, finely minced (optional) .....	1	Parsley, chopped .....	2 Tbsp
		Chives, chopped .....	2 Tbsp
		Salt and pepper .....	to taste

1. Toss zucchini and yellow squash in 2 Tbsp olive oil in a large bowl. Season with salt and pepper.
2. Heat remaining oil in a large skillet over high heat. Add squash and spread in a single layer. Cook until browned, about 1½ minutes. Flip slices and cook until browned, about one more minute. Add chili (if using), shallot and tomatoes, toss to combine. Cook, tossing and stirring gently until aromatic, about 30 seconds. Add lemon juice, parsley and chives. Toss to combine, season with salt and pepper to taste.

Yield: 8 servings

Meets requirement for vegetables

— *Seriouseats.com*



### Fuel & Fitness

#### PHYSICAL ACTIVITY FOR PRESCHOOLERS

TAKE ADVANTAGE of a child’s natural tendency to be active. Regular physical activity promotes healthy growth and development and learning new skills builds confidence.



Preschoolers should participate in a variety of fun and challenging physical activities that help build skills and coordination but aren’t beyond their abilities. They should be engaged in light to vigorous activities that are both unstructured and adult-led, for about 3 hours a day.

Preschoolers enjoy running, jumping, kicking and throwing. They are learning to hop, skip and jump forward. They are eager to show off how they can balance on one foot, catch a ball or do a somersault. Help them refine and build on these skills. Preschoolers might also enjoy swimming, a playground, dancing and riding a tricycle, bicycle or scooter.

— *Adapted from, kidshealth.org*



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Food **Q.** What is green and goes to summer camp?  
Funny **A.** Brussels scout!