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## The Dietitian's Desk

Welcome to "The Dietitian's Desk!" This monthly newsletter is committed to providing insightful nutritional information and facts that promote a healthy lifestyle inside and outside of Sodexo's outstanding school nutrition program.

## Delivering on Student Well-Being

### Healthy Eating on a Budget

Many people believe it's impossible to eat healthy when money is tight. Though it will require a little work, it's possible to eat healthy without breaking the budget!

- **PLAN AHEAD:** Determine the menu for the week, make a list, and stick to it! Impulse shopping can lead to excess spending! Base your menu on what healthy options are on sale and what you have on hand in your kitchen to keep costs lower!
- **CUT COUPONS:** Coupons are available not only in newspapers, but also online to print. Coupons can save you a lot of money, especially when combined with sale prices. Don't forget to also use the Free store discount card for even more savings.
- **CONSIDER STORE BRAND:** When comparing most labels, you will probably find that the store brands are just about identical to more expensive brand names. In most cases, these store brands tend to be a cheaper option!
- **COMPARE UNIT PRICES:** An easy way to check what your best deal is to look at unit prices! Use the "unit price" (price per pound, ounce or pint) to compare national brands with store brands, or bulk and economy-sizes with single-serve or regular-size packages. Many stores show the unit price on a shelf tag.
- **BUY IN BULK—SOMETIMES:** Using the unit prices, you may find that buying larger packages of foods is cheaper sometimes. However, before buying in bulk consider if you have the room to store it, and whether you'll be able to use it before the expiration date. If you end up throwing it away, it really wasn't a good deal!
- **SHOP SEASONALLY:** For produce, shop what is currently in season for the best price. If a particular fruit or vegetable isn't in season, consider frozen versions. Frozen fruits and vegetables are just as healthy as fresh as long as it is plain and doesn't have added salty or sugary ingredients.
- **BE AN OCCASIONAL VEGETARIAN:** Swap out a meat containing meal for a vegetarian meal, such as one containing beans (an excellent non-meat protein source) once a week. This will cut back on your meat costs, and beans are cheap and healthy especially if you purchase dried beans.

### Southern Stir Fry

Makes 4 Servings



#### Ingredients:

- 1 tablespoon vegetable oil
- 1 cup cold cooked rice
- 1 cup frozen corn
- 1/2 teaspoon dried thyme
- 1/2 teaspoon garlic salt
- 1/8 teaspoon ground red pepper (cayenne)
- 1 can (15 to 16 ounces) black-eyed peas, rinsed and drained
- 2 cups lightly packed spinach leaves

#### Directions:

- Heat wok or 12-inch skillet over medium-high heat. Add oil; rotate pan to coat sides
- Add all ingredients except spinach to skillet
- Stir-fry 3 to 4 minutes or until heated through
- Add spinach
- Stir-fry 1 to 2 minutes or until spinach begins to wilt.

<https://www.bettycrocker.com/recipes/southern-stir-fry>