



The Healthy Living Beet: March Issue



Highlights:

- Don't forget your next report is due March 10, 2021!
- A Healthy Living Ambassador Learning Opportunity, will be offered March 18th at 6pm. Click here to register: <https://tinyurl.com/HLMarch> This session will be led by Ms. Elyse Daniel and will be called "Choosying Healthy Habits"

Lettuce Share

Click these links to check out this month's tools:

[Eat Right](#)

[USDA](#)



Grocery Shopping Budget Tips



Grocery shopping can seem overwhelming, expensive, and time-consuming, especially if you're the one responsible for grocery shopping for yourself or your family every week. Oftentimes, people think that buying healthy food is automatically more expensive, but here are some tips on how to save money at the grocery store while choosing nutritious foods. The first tips are to set a budget and set a grocery list. Having a budget and list in mind can prevent you from overspending and impulse shopping at the store. Planning your meals before you get to the store can also save time, since you know exactly what you're there to buy. When you plan your meals, plan them around sales at the grocery store. Most grocery stores have flyers or apps available to download to easily view the sales for each week. "Buy one get one free" deals, coupons, and other special sales can save you a significant amount of money on foods you may already purchase at full price usually. If the item is something you know you eat often, buy two or three extra if you have room in your budget, so you can save money and take advantage of the sale. Meat sales are often where you can save the most money. If you want to take advantage of the sale, but know you may not eat the item right away, freezing it is a great option. Bread, meat, and fish can be frozen in a freezer bag to prevent food waste. Another tip at the grocery store is to buy generic. Store brands are often cheaper with the same or better quality than the name brand products. In regards to checking prices, check the unit price or price per serving in addition to the total cost. The unit price or price per serving can be found next to the total price of the item. For example, a one-pound bag of brown rice is definitely less expensive than a ten-pound bag of brown rice, but the unit price for the ten-pound bag is most likely a lot cheaper, making the ten-pound bag of rice a better deal. When it comes to choosing items to buy at the grocery store, there are several high-nutrition and low-cost foods. Beans, lentils, eggs, peanut butter, tofu, and canned fish (salmon, tuna, or crabmeat) are low-cost, but nutritious protein sources. Oats, brown rice, and barley are low-cost, nutritious grain options. Sweet and white potatoes are low-cost vegetable options. They also store well, and can last up to several weeks on the counter. Frozen or canned fruit and vegetables are rich in vitamins and minerals and are less expensive than fresh fruit and vegetables. Incorporating all or some of these tips at the grocery store can help you save money while buying nutritious foods.



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Hummus (with Tahini)

Ingredients

- 1 can (15 ounces) garbanzo beans, drained and rinsed
- 2 Tablespoons lemon juice (fresh or bottled)
- 1 ½ tablespoons vegetable oil
- 2 Tablespoons water
- 1 Tablespoon tahini (sesame seed paste)
- 1 clove garlic or 1/4 teaspoon garlic powder

Directions

1. Wash hands with soap and water.
2. Place all ingredients in a blender.
3. Blend until desired consistency (more time for smooth dip, less for a chunky dip).
4. If hummus seems too thick, add 2 teaspoons of water.
5. Refrigerate leftovers within 2 hours.

OR

1. Spread garbanzo beans on a large plate.
2. Mash well with a fork until they are as smooth as you like.
3. Mix with other ingredients in a small bowl.
4. If hummus seems too thick, add 2 teaspoons of water.
5. Refrigerate leftovers within 2 hours.