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Planning ahead pays off

Save money and time. Plan a menu that fits your family

Create a menu:

- Check your cupboard for ingredients to try to use up for a few meals.
- Include your family and let them help choose what meals will be cooked.
- Make casserole or soup dishes on the weekend to freeze: eat later in the week.
- Plan leftover nights for those extra busy evenings.



Shop with a list



A little time spent planning out what food to buy can save time and money. You'll spend less time at the store, and you're less likely to be caught by the stores catchy marketing, which means less money spent.

Kids can...

- ★ Choose a meal or recipe to include on the menu.
- ★ Set and help clear the table.
- ★ Set a kitchen related New Year's resolution. such as helping cook one meal each week.

Need ideas of what to make?

Check out FoodHero.org for quick and easy dinners. Every recipe has ideas of simple sides to complete the meal.

Monthly Hero Checklist

- Create a weekly menu
- Shop with a grocery list
- Have kids help in the kitchen

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Refried Bean Soup

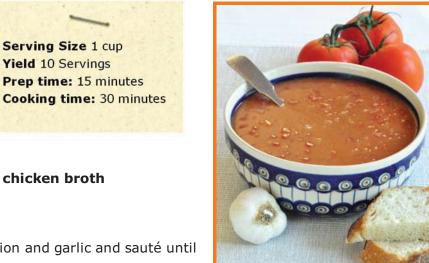


Ingredients

- 1 tablespoon canola oil
- 1 cup **onion**, finely chopped
- 1 clove garlic, minced
- 1 large can (28 ounces) crushed tomatoes
- 1 large can (30 ounces) fat-free refried beans
- 2 cans (14.5 ounces each) low-sodium chicken broth

Directions

- 1. Heat oil in a large soup pot. Add onion and garlic and sauté until
- 2. Add crushed tomatoes and bring to a boil. Boil for 5 minutes, and reduce heat to low.
- 3. Add beans and chicken broth. Simmer for 15 minutes.
- 4. Serve immediately.
- 5. Refrigerate leftovers within 2-3 hours.



Nutrition Facts

Serving Size about 1 cup (264g) Servings Per Container 10			
Amount Per Ser	ving		
Calories 120 Calories from Fat 20			
% Daily Value			
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg 0%			
Sodium 500mg 21			21%
Total Carbohydrate 20g 7%			
Dietary Fiber 6g 24%			
Sugars 1g			
Protein 8g			
Vitamin A 10	% • \	√itamin (2 15%
Calcium 6%		ron 15%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than Less than Less than te	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Fat 9 • Carbohydrate 4 • Protein 4			