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AUGUST 2020

## Stretching Your Food Dollar

A common misconception among people living on a tight budget is that healthy food choices are too expensive. The reality is that everyone can make good food choices on a tight budget with the following money-saving tips.

One of the most important things we can do when budgeting food money is making a plan. Planning out meals for the week helps you know exactly what to buy at the store.

**Create a grocery list** using your meal plan and stick to it! Sticking to a grocery list can help prevent impulse buys, which often lead to wasted money.

Look for **ads and coupons** when planning meals. Try to incorporate items that are on sale into your plan to save more money. Avoid using coupons or purchasing on-sale products for foods that will not be eaten. Even if something is a great deal, if it is not used/eaten, it is not worth spending money on.

When you plan your meals **check your pantry and fridge** to see what ingredients you already have on hand. Planning meals that include ingredients you already have helps you save

money by shortening your grocery list and by using up ingredients before they expire.

**Comparing unit pricing** labels (for example, price per ounce) at the grocery store is a great way to get the most bang for your buck.

**Buying in bulk** can also be a money saver. Choose bulk items that will not expire before you use them. You can freeze some bulk food items but first make sure you have enough freezer space.

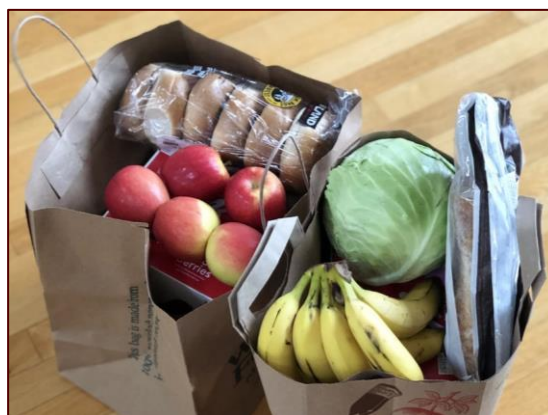
**Buy fruits and vegetables when they are in season.** Not only are they usually cheaper but they are also extra delicious and nutrient-rich!

Throwing away leftovers is like throwing away hard

earned money. **Avoid wasting food** by using a leftover meal for lunch the next day. You can also try re-using food to make another meal – for instance shredded chicken that was used for tacos can also be used for soup the next day!

These simple steps can contribute to healthier eating and a healthier pocketbook!

Information adapted from:  
<https://www.choosemyplate.gov/eathealthy/budget>  
 Photo source: pixabay.com



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer.

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## Local Events

### Hopkins County 4-H Enrollment

4-H is a youth program for youth in grades 3-12. There are five 4-H clubs in Hopkins County:

- Infinity 4-H Club – meets at the Extension Office
- Miller Grove 4-H Club – meets at Miller Grove School
- Equine Club – for youth interested in horses
- Veterinary Science – Special interest club for youth interested in studying vet sciences
- Paws 4-H Club – meets at Sulphur Springs Elementary School (4th & 5<sup>th</sup> grade campus)

Enrollment opens August 15 for the 2020/2021 4-H year. Fee is \$25 if paid before October 31 (goes up to \$30 November 1 and beyond).

To enroll, please go to <https://www.4honline.com> and follow the on-screen instructions. If you need assistance, please don't hesitate to contact our office.

All registered youth will receive the Hopkins County 4-H Gazette newsletter and correspondence from our 4-H club leaders.

Below is a list of the most popular 4-H projects in Hopkins County:

- Poultry
- Foods & nutrition
- Dairy
- Shooting sports
- Photography
- Fashion & Interior Design
- Beef, Horse, Goats
- Vet Science
- Leadership/community service

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 Extension Family & Community Health  
 1200-B W. Houston  
 P.O. Box 518  
 Sulphur Springs, TX 75483  
 903-885-3443  
[jshicks@ag.tamu.edu](mailto:jshicks@ag.tamu.edu)

It is not necessary to have an animal. Actually, more than 1/2 of our 4-H members DO NOT have animal projects.

### **Stay tuned for information on the Fall, 2020 Walk & Talk fun!**

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## Recipe of the Month

Source: foodhero.org

### Simple Hummus

Servings: 16

#### Ingredients

- 1 can (15 ounces) garbanzo beans, drained and rinsed
- 2 Tablespoons lemon juice
- 2 teaspoons vegetable oil
- ½ cup nonfat plain yogurt
- 1 clove garlic or ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- ½ teaspoon ground cumin
- chopped vegetables



Photo source: pixabay.com

#### Directions

1. Place all ingredients in a blender.
2. Blend to desired consistency (more time for smooth dip, less for a chunky dip).
3. If hummus seems too thick, add 2 teaspoons of water.
4. Serve with chopped vegetable for dipping. Refrigerate leftovers within 2 hours.

**Nutrients Per Serving:** (2 Tablespoons) 30 calories, 1 g total fat, 0 g saturated fat, 1 g protein, 4 g carbohydrates, 1 g dietary fiber, 1 g total sugars, and 35 mg sodium

**Total Cost per serving:** \$\$\$\$

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