

### Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.

### Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

### Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

### Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!



Nutrition  
Education

## EATING HEALTHY ON A BUDGET

### Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

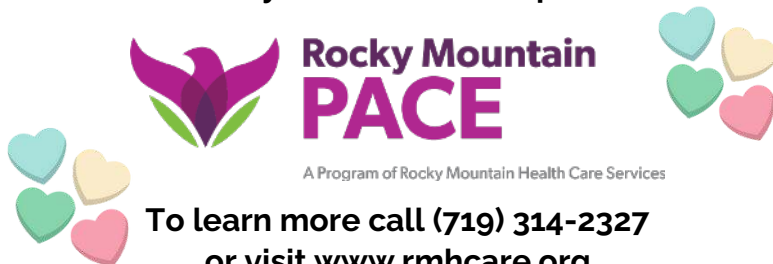
### Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood —often the most expensive items on your list.

### Compare and contrast



Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

Thank you to our menu sponsor.



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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Taco, W Fixin's Spanish Rice SW Black Beans Pear cup & Milk	2 Goulash Green Beans Almandine Apple & Milk	3 Pico Lime Cod Lemon Herb Rice, Carrots, Banana, High fiber cookie Milk
6 Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear, V-8 & Milk	7 Beef Stir Fry Brown Rice Succotash Apple, Cheese Stick & Milk	8 Mushroom Ravioli w/ Marinara Pea & carrots Banana & Milk	9 Swiss Steak Mashed Potatoes Peas Orange & Milk	10 Chicken Parmesan, WW Penne Pasta Capri Veg Blend Peas & Milk
13 SW Chicken Spanish Rice Pinto Beans, Orange Cheese stick & Milk	14 Beef Stroganoff WW Penne Pasta Roasted Brussel Sprouts Apple & Milk	15 Italian Sausage WW Panne pasta Bahama Veg Banana Milk	16 Honey Curry Chicken Wild & Brown rice, Peas & Carrots, Apple Orange juice & Milk	17 Sweet & Sour Pork, Jasmine Rice, Asian Veges, Applesauce High Fiber Cookie & Milk
20 Chicken Carbonara WW Pasta Capri blend Veg Peaches, V-8 & Milk	21 <b><u>Chef's Choice</u></b> 	22 Pollock with Pico Wild & Brown Rice, Bahama Vegetables, Pears, High fiber Cookie & Milk	23 BBQ Chicken Maple Sweet Potato Peas & Carrots Orange & Milk	24 Tuna Casserole Roasted butternut squash Pear & Milk
27 Chicken Cordon Bleu, Sw Pot's Peas & carrots Orange, V-8 & Milk	28 Beet Tips Mash Potato Brussel spouts Apple & Milk	<b>Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.</b>		