

Here To Help: Planning Ahead Helps to Reduce Uncertainty

With pandemic-related emergency SNAP benefits due to expire in May, make a game plan now for you and your family. Here's how:



Stock your pantry with the building blocks for quick, delicious, nutritious meals.

Use your SNAP, WIC, and food dollars to purchase shelf-stable foods like:

Dairy: Powdered or shelf-stable milk, canned evaporated milk

Grains: Rice, couscous, quinoa, tortillas, pastas, crackers, cereal, cornmeal, wheat flours, bread.

Other: Cream soups, cooking oil, flour, sugar, salt, spices, pasta sauce, eggs, minced garlic, onions, and potatoes.

Fruits and vegetables: Canned is a great option. Dried fruits like raisins, apricots, or prunes. Avoid added sugar and salt.

Protein: Beans, lentils, peas, peanut butter, canned tuna, salmon, or chicken, nuts



Learn how to use items you find at a food pantry.

Before you toss an ingredient you've never used, go to eatgathergo.org/recipes or www.myplate.gov/myplate-kitchen/recipes and type in the item for a recipe. Try something new. You may find a new family favorite.



Find help in your community.

If you need a hand (or a bag of groceries), it's available. Food and other resources can be found through www.211.org or CommunityCompass.app.



Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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Purdue Extension
Nutrition Education Program



Purduenep



Resources: <https://www.eatgathergo.org/eat/planning/eating-healthy-on-a-budget/>
<https://www.eatgathergo.org/recipe/peanut-butter-cereal-bars/>

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Peanut Butter Cereal Bars

Ingredients

- 1/2 cup honey
- 1 cup peanut butter
- 2 cups rice cereal
- 2 cups quick oats
- 1 cup raisins, or other dried fruit

Directions

1. In a saucepan bring honey to a boil.
2. Reduce heat to low and stir in peanut butter.
3. Add dry cereal, oats and raisins; mix well. Remove from heat
4. Lightly spray or oil an 8 inch square baking pan with cooking spray. Press into prepared 8-inch pan. When cool, cut into 16 bars.
5. Store in an airtight container for up to a week.