



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



September/October 2022

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Letter from your County President

Early Fall Greetings Extension Homemakers,

It seems that the summer is going by way too fast so I hope you are all taking advantage of the beautiful days we are having. I thought the fair was so much fun this year and I enjoyed being in the HFA building many times before, during, and after the fair. We had some wonderful exhibits and the ladies worked very hard to make the building attractive and welcoming to fair visitors. Thanks to all who helped in any way, especially Sharol Cloud for her excellent leadership in pulling it all together.

There are many events coming up in which you will have a chance to participate. Our 1st Council Meeting is on Sept. 1 at 6:30pm (note the time change). We opted to try an earlier time this year and see how it works for everyone. We have a lot of business for that evening with the top priority being an approval of our new budget. If you are a Club President and unable to attend, please ask your Vice President or another club member to represent your club at the meeting. If you don't like to drive at night but would like to attend, please let us know so we can arrange for someone to pick you up.

Camp ELKO is coming up on Sept. 12-13. I am really excited about camp this year and plan on attending (for the first time ever) the Tuesday session from 9am-2pm. I hope lots of you plan to attend either for a day or for the whole time. Your officers have registration sheets or you can contact the office. Registrations are due Aug. 29.

We have a Fall Holiday Program in the planning stages that will be presented on Sat., Oct. 29 in the HFA Building. The committee is working hard to bring you simple but great ideas to make your holiday homes inviting.

Let's all remember to "Scatter Kindness" as we go through our days and weeks. I hope your clubs are busy creating hearts to scatter throughout Elkhart County. There will be an article from our State President in this newsletter reminding you of her initiative.

Remember that if you have any questions or concerns, your board is here for you and you may call or email us using the information in the front of your red Yearbook.

With kind regards,
Deb Pepple
County President

Mark Your Calendars

September 2022

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| 1 | County Council Meeting—6:30pm, Ext. Office |
| 12 | County Officer Board Mtg.—4:30pm, Ext. Office |
| 12-13 | Camp ELKO Retreat |
| 13 | VCS Sewing Day— 9am to 3pm, HFA Building |
| 15 | Educational Program—Zoom 101 |

October 2022

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| 11 | VCS Sewing Day— 9am to 3pm, HFA Building |
| 17 | County Officer Board Mtg.—4:30pm, Ext. Office |
| 17-22 | IEHA Week |
| 20 | Educational Program—10 Common Money Mistakes |
| 22 | IEHA Make a Difference Day |
| 27 | County Council Meeting—6:30pm, Ext. Office |
| 29 | Fall Holiday Program—9am to Noon, HFA Building |



September— Barbara Bender, Michelle Blough, Jennifer Chupp, Phyllis Cooper, Janet Gardner, Nancy Gleim, Vickie Gortney, Charlene Hay, Carol S. Kauffman, Barbara Ogle, Debra Pepple, Marilyn Potthast, Norma Schrock, Nikki Stump, and Margaret Weybright

October — Sherie Cooper, Kathy Graber, Nancy Hawkins, Karen Hershberger, Judy Hickman, Kim Mauer, Beth Phillips, Marlys Prough, Diana Rohrer, Janet Ryman, Ruby Snyder, and Sherry Weaver

Extension Homemaker News

Welcome New Members!

We welcome new member **Kelsey Tubbs** to Elkhart County Extension Homemakers! Kelsey has joined the Homemakers of Today club and loves to do arts and crafts with her two girls. Those young ladies have great aspirations—one desiring to be a mathematician and the other wants to be a designer. Kelsey loves to travel and have great experiences with her girls. They live together in the Middlebury community and Kelsey says she was born and raised there. She runs a non-profit business that provides assistance to families in the Michiana Community. Welcome Kelsey!

Stephanie Szabo recently joined Creative Homemakers. She and her husband were born and raised in Baugo Township. All family members are graduates of Jimtown High School. Stephanie is the mother of two college age daughters who are working on their graduate and undergraduate degrees at IUPIU. She has two cats and two dogs. Her hobbies include anything with Purdue and she is currently on the board for the Elkhart County Purdue Alumni Club. She has been a member of this for 6 years. She also has 9 tattoos. Welcome Stephanie!

2022-23 Yearbook Updates

Please make the following updates to your current Yearbook.

- Pg. 3—Change County Treasurer’s last name to Osborne.
- Pg. 16 & 41—Change Heritage Skills Day to March 4 in HFA Bldg.
- Pg. 19—Sharol Cloud will be Ach. Night Committee Chair. Add Jan Troyer (364-5422), Elaine Sheets (536-7672), and Ramona Huber (536-1006) to Ach. Night Committee. Remove Vicki Burnett from Ach. Night Committee. Pg. 19—Add Jill Cohen (825-6120) to Cultural Arts/Heritage Skills Committee.
- Pg. 20—Add Brenda Mestach (612-2449) to Fall Holiday Program. Add Sharol Cloud (849-6948) as Fashion Show Advisor. Add Suzette Yurko (293-0935) and Deb Pepple (333-2247) to Fashion Show Committee. Change Director ‘24 for HFA Committee to Deb George (536-2325).
- Pg. 21—Add Deb Tubbs (260-214-1048) to Volunteer Sewing Committee. Add Sharol Cloud (849-6948) as HFA Landscape Committee Chair. Add Ramona Huber (536-1006) and Deb & Jim George (536-2325) to HFA Landscape Committee.

Fair News/Home & Family Arts Results

Fashion Show Highlights

A huge thank you to the Fashion Show Committee for organizing such a fantastic event. “It’s All Fun and Games Until the Bobbin Runs Out” in-

cluded 10 seamstresses showcasing 16 different outfits. Fashion Show winners included non-professionals Mabel Wortinger in Aprons and Family Outfits, Louanne Gressman Dunn in My Choice, Karen Meade in Separates, Donna Hibschan in Sewing for Others (Infant—5), and Erin Datzman in Sewing for Others (6-12). Professional winners were May Beane in Sewing for Others (Adult) and Bridesmaids or Formals.

Open Class Results

The HFA building held over 930 entries from over 265 exhibitors. Grand Champion winners included Patricia Hochstetler in Antiques, Kris Peterson in Aprons, Tom Martinez in Creative Arts, Crystal Lehman in Baking, Amber Schlundt in Cake Decorating, Sally Kyle in Food Pres., Canning, Jean Williams in Food Pres., Misc., Jean Joldersma in Handicrafts, Louanne Gressman-Dunn in Needlework, Suzette Yurko in Photography, Cindy Somers in Quilts: Individual, Kathy Koch in Quilts: Team/Group, and Melody Moore in Sewing: Wearable and Sewing: Non-wearable. Melody Moore won the Overall GC Exhibit. Special contest winners were Karen Meade in Dairy Delicious and Bursting with Blueberries: Salads; John Supper in Apple Peeling; Patricia Hochstetler in Fastest Fingers; Trevor Wendzonka in Fresh Salsa and Year of the Salad Greens; Maggie Seeck in Table Centerpiece and Bursting with Blueberries: Desserts; Sally Kyle in Bursting w/Blueberries: Other; and Boars Nest Smokers in Best of Michiana Ribs. Byler Lienhart Cook-Off winners were Charles & Garnetta Robbins for Beef: Ground; Mark & Neil Slabaugh for Beef: Cut and Pork: Cut; Karen Meade for Pork: Ground and Lamb: Cut; and Boars Nest Smokers for Lamb: Ground.

Volunteer Appreciation

A huge thank you to all of the Homemakers & friends who volunteered their time to demo and/or hostess in the HFA building during the fair!

Silent Auction

The 2022 Silent Auction was a big success and took in over \$4,000. The gift baskets made by the clubs looked amazing and drew many bids!

York Homemakers & Homemakers of Today

York Homemakers were joined by Homemakers of Today for their annual June picnic. They were so glad that the two clubs could get together. There was a lot of good food and fellowship. After the meal they were treated to a special speaker, Loretta Salchert, from Ribbon of Hope. She shared about what they do to help cancer patients and their families as they go through the trials of cancer treatments. York Homemakers have an ongoing outreach to provide lap quilts/afghans to this ministry. This year they were able to overwhelm Loretta and provide 100 quilts/afghans to Ribbon of Hope. Great job York ladies!



*York Homemakers
with dozens of quilts/
afghans they made
for Ribbon of Hope*

The HFA building won 3rd place for the First Impressions Award of Excellence at the 2022 Elkhart County 4-H Fair!



Make a Difference Day

October 22 is IEHA Make-a-Difference Day. I would like for all clubs to choose a project that your club can do on this day to scatter kindness and make a difference to someone. It can be simple like making and sending cards to shut ins, opening doors for people, or paying for the person behind you in a drive thru line. It can be something like cleaning a homebound person's yard, working at a food pantry, serving in a soup kitchen like Faith Mission or Susanna's Kitchen, and so many more. I would like to see each club involved in some act of service on this particular day which happens to be a Saturday. Then, I challenge you to post on social media a photo of your group with #MakingadifferencetheIEHAWay. If you don't have social media, you can email your photo to me at djudson1953@aol.com and I will post it for you. I am willing to do that anyway so that it can be posted on our homemakers Facebook page. Looking forward to Elkhart County Extension Homemakers making a difference in our community!

2022-23 Program Theme (Two-Fold Program)

1. Practice random acts of kindness—specifically through Pocket Hearts
2. Awareness of IEHA and hopefully generate interest/membership

There's probably one thing we can all agree on... the world could use more KINDNESS! If I learned anything through COVID, it's that we have all been touched by it one way or another. Whether physically, mentally, or emotionally, we have all been affected and let's just be real for a moment, some days are just harder than others.

IEHA does a great job of reaching out to specific groups of people (nursing homes, first responders, schools, shelters, etc.)! Don't stop doing that, but let's add another group of people to reach out to. Who is that? Random people! Let's think outside the box for a moment. Who doesn't love it and feel uplifted or even get a smile on their face when someone does something completely random for them? That's where Pocket Hearts come in.

We are going to make Pocket Hearts and scatter them everywhere! It's a simple gesture of kindness that can be placed anywhere and everywhere or even sent in the mail. How about making a basketful of hearts and dropping them off at your dentist office to be placed for patients to pick up, or tape one to a vending machine! The idea is that they will reach people that are outside of our norm of who we currently do outreach to!



But wait... there's more! Remember I said it would bring awareness to IEHA? That's where the #IEHAWay comes into play. Attached to these Pocket Hearts will be a tag. On the front it will explain what a Pocket Heart is and on the backside it will tell them who it is from—US!!! It will ask them to post a picture of their Pocket Heart and where they got it and to tag #IEHA on the post.

The more people that #IEHA in their posts, the more IEHA community we will build on social media. Then whenever someone types in #IEHA on social media, we will pop up on their search! It also will have our website information for them to learn more about us. You see, OUTSIDE THE BOX!

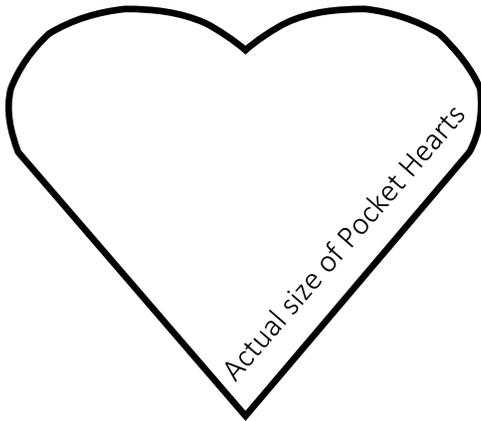
So here are your challenges for 2022-23:

1. I want to personally challenge each county to scatter #1000 Pocket Hearts over the next IEHA year. Now don't let that number scare you! You see, if you made Pocket Hearts 10 months out of the year that's 100 hearts those months and if your county has 4 clubs then that means only 25 hearts for each club a month. That's completely doable!
2. I also want to challenge each county to start a Kindness Club! You decide what you will do within that club—it doesn't have to be Pocket Hearts—you could do a variety of things!

There will be a report form for you to send into me throughout the year. It can be completely quarterly or even every 6 months. It's easy to fill out!

Let's do this together—Let's Scatter Kindness the #IEHAWay!

Michelle Roberts, IEHA President 2022-23



**Contact the
Extension Office
at 574-533-0554
or email
fink24@purdue.edu
if you need directions
or tags for your
Pocket Hearts**

"Scatter Kindness" T-Shirts

The State President's theme t-shirts are still available to order within the next couple weeks. If you'd like one, email Michelle Roberts at mroberts420@yahoo.com with your name, county, and size. She plans to bring them to Focus Day and then any not picked up will be given to the District Reps. Sizes S-XL are \$11, 2XL are \$12, and 3XL are \$13.

Fall District Meeting Minutes—August 23, 2022

Nine ladies including Extension Educator Emily Christ and District Representative Michelle Blough traveled to the LaPorte County Fairgrounds on August 23 for the Fall District Meeting. It was a fun and educational time for all of us.

Some of the highlights included a brief overview of NVON (National Volunteer Outreach Network) by State President Elect Peg Peter. She shared about her adventures at this year's NVON conference in Evansville. She reminded us that as Extension Homemakers we are also members of NVON as well as the organizations ACWW (Associated Country Women of the World) and CWC (Country Women's Council). We all work together to promote communication, education, and volunteerism for all people. A common project we have right now is Bees as Pollinators.

If you are looking for another way to plug into Ext. Homemakers, state focus groups are a way to go. They do not require that you be a county officer and are similar to county committees, however most only meet once a year. If you are interested, Deb Pepple will be glad to help get you hooked up with one. Having served with the Silent Auction committee at the state level, she can give you the inside scoop!

We heard a brief presentation by Della Wittgren of LaPorte County who coordinates the comfort shawls in our district. Comfort shawls are given to families of organ and tissue donors. She started in 2017 and to date LaPorte County has donated 492 shawls. Other counties also knit them and get them to Della to deliver. If you are interested in making shawls, they must be 24"-34" wide and 65"-70" long.

Mary Hedge from the LaPorte County Library gave a talk on vintage handkerchiefs which was very educational. The first handkerchiefs appeared in the 1st century BC but were mainly used for wiping brows or cleaning. They really became a "thing" in the 17th century when they were considered a high end gift. She then shared many handkerchief patterns that were popular during different decades. Some of the attendees also shared handkerchiefs that they had brought.

State President Michelle Roberts spoke on i-LEaD and there will be more on this at Spring District Meeting. She also talked about the I CAN program that was piloted in some counties around the state with LaPorte County being one. This program provides direction in preparing lessons to be shared with the community and to keep them coming back to the entire series of lessons and

providing interaction with Ext. Homemakers. She will be sending out a copy of her presentation and some flyers.

Michelle also talked about her “Scatter Kindness” campaign. She basically said that there is no wrong place to leave the hearts and the tags are a way to get people curious about who we are. She is planning to give the county that scatters the most hearts a prize at conference. “If you can’t find kindness—be kindness.” “The meaning is in the heart—not in the stitch.”

Spring District Meeting will be on March 30 in Kosciusko County hosted by County President Sue Martin. We hope a lot of you will choose to attend.

Welcome “The New Moon Crew” Club!

We are so excited to welcome “The New Moon Crew” Extension Club to our organization. They will be meeting once a month on Tuesdays in one another’s home at 7:00pm. They are interested in doing crafts together as well as participating in the lessons each month. Their club president is Crystal Marrufo and they are starting with 5 members and a great deal of interest from more. Look for more club info. in the next Coffee Cup!

Baby Hats “Thank You!”

I want to thank everyone who has turned in baby hats at the Ext. Office. There have been many cute designs. I hope to deliver them in the next couple weeks. I will keep stocking the cubby in the foyer; please keep making them. This is an ongoing project as opposed to a one time effort. If you need any help, please don’t hesitate to contact me. Thanks again.—Jenny Huffman



Human Development

5 Reasons Why Diversity is Important in the 21st Century

Source: AMP Global Youth

Growing Acceptance, Diminishing Discrimination—Promoting diversity is the first step to not just “tolerance” but true inclusion and acceptance. Through growing contact with, exposure to, and communication between people who are not like us, we can learn how to relate to difference in a way where difference doesn’t have to be a problem, a barrier, or a threat. We may also see that the people we assumed to be so different to us may actually have a lot more in common than they thought.

Becoming a Global Citizen—If you experience diversity in your everyday life, you will have regular exposure to people, cultures, traditions, and practices that are unlike your own. Hopefully you will learn the skills to communicate and interact with communities, concepts, and belief systems that you are unfamiliar with and therefore gain a more worldly, balanced, and informed perspective. Not only will you enhance your own social development, but you will also increase your true understanding of the world. This will prepare you to be a part of a global society, whether you are traveling to a new country, working with people from diverse backgrounds, or just reading about events in the news that heavily impacts a population different than your own.

Perspective—Hearing about another’s experience can shed light on a life different than your own and provide you a new perspective. When you contrast your struggles, needs, and values with someone else’s, you can really begin to comprehend where an individual is coming from and empathetically understand their attitudes, behaviors, and beliefs at a deeper level (through which you can more deeply understand your own).

Richer Life Experience—Diversity is a natural state of being for the human race. In fact, it’s what our survival depends on. What if everyone who surrounded you was exactly like you, in every way? How easily could a disease wipe you all out? And where is the fun in relating to people who are exactly like you? Groupthink might feel safer and more certain, but it invites cognitive dissonance, one dimensional ideas, and some pretty limited conversation.

Productivity—Bringing together people of various backgrounds with different life experiences can generate ideas or perspectives that others may not have ever considered or been aware of. Everyone has their own way of viewing a problem, shaped by the individual experiences that they have and the worldview they carry with them. When tackling an issue, a multitude of interpretations and approaches can generate creativity and innovation, instead of everyone contributing the same thoughts and conclusions.

Food and Nutrition

Healthy Food Can Be Convenient Too

Source: Mayo Clinic

If you're eating a lot of meals that you didn't make with your own two hands, you're in good company. Research shows that spending on take-out and prepared foods has been on the rise in the United States for the past four decades. This trend is a serious contributor to weight gain and other health problems in adults and children.

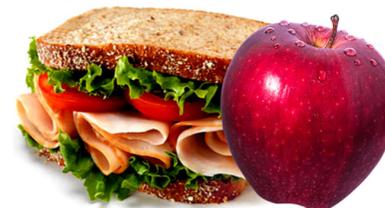
What's the connection? When you buy takeout or prepared foods, you're often trading convenience for calories. Foods prepared outside your home are a timesaver, but they often contain more fatty and sugary ingredients than you would typically use at home. Plus, portions can be big. As a result, grabbing foods on the go can add a lot of calories to your day. In addition, prepared foods tend to be high in salt and low in fiber and other nutrients that help promote overall health.

A deliberate effort to curb your convenience foods or choose healthier options can make a huge difference in your weight-loss efforts. Follow these tips.

- Eat breakfast at home, or pack it up. It's ideal to avoid less-healthy takeout and prepared foods as much as possible. But that may seem difficult if you regularly eat on the run. Start one meal at a time. Eat a quick and healthy breakfast — such as whole-grain cereal or whole-grain toast with peanut butter and a piece of fruit — before you leave the house. Or take a healthy option — such as a banana and yogurt — with you rather than picking up a bagel or muffin at your local coffee shop.
- If your mornings are frantic, figure out what you're going to eat the night before and set out dry ingredients and bowls to save time. Or make a to-go breakfast the night before that you can grab in the morning.
- Pack a flavorful, healthy lunch that you look forward to eating. It doesn't matter how healthy your packed lunch is if you skip it and head to a cafe with co-workers — or it leaves you unsatisfied and reaching for a cookie. If you look for-



ward to a turkey sandwich with lettuce and tomato on whole-wheat bread and a side of fruit every day, that's great. If not, pack something you want to eat. Cook an extra chicken breast at dinner. Then slice it and toss it with strawberries, pecans and spinach for lunch. Or put together a whole-wheat wrap with black beans, salsa, lettuce, tomato and a few slices of avocado.



- Bring along healthy snacks. When you leave the house, take fresh fruits and vegetables with you. Or keep them at your office. Having healthy snacks at hand will reduce your reliance on convenience foods. To save time, cut up veggies or fruit when you return from the grocery store and put them in travel containers. Or pack a few pretzels and a small container of cottage cheese for dipping.
- Assemble simple dinners. You can assemble a quick dinner from fresh ingredients in the same amount of time it takes to wait in line at your local takeout joint. Rather than running for takeout, go to the grocery store and buy smoked salmon, a whole-wheat baguette and the fixings for a Greek salad — cherry tomatoes, cucumbers, green pepper, red onion, kalamata olives, a sprinkling of feta cheese, and red-wine vinegar and olive oil for vinaigrette. Toss together the salad ingredients and serve on a platter with the salmon and baguette.
- Better yet, put these ingredients on your shopping list and meal plan. This Greek-inspired meal will come together even more swiftly if you don't have to stop at the store. And like any dish, the more often you make it, the quicker it is to prepare. Don't care for salmon? Substitute water-packed canned tuna or already-cooked chicken.
- Choose wisely when you buy prepared foods. Despite your best efforts to cut back on convenience foods, they may still be part of your diet occasionally. When you do purchase ready-to-eat entrees or takeout meals, avoid fried items and cheesy options. Steamed, broiled, baked or poached entrees tend to be healthier choices. Choose lower-calorie sauces and condiments. Substitute brown rice, whole-wheat bread and other whole grains as much as possible, and load up on fresh vegetables.



Leadership Development

3 Hacks to Deepen a Conversation & Get to Know Someone Better

Source: lifehack.org

Share a Mutual Interest—One of the best ways to start and deepen a conversation is to find a mutual interest. It could be anything, starting from a common topic like a new restaurant or something more serious like politics. Whichever it is, having something in common helps people to bond over this shared interest, and allows deeper conversation, than to just continue with small talk. When you talk about a topic that both participants in a conversation has interest in, it becomes easier to feel companionship towards the other person. It helps you feel relaxed and allows you to be happy. This in turn affects what you think about the other person's character.



Rant—This seems like an odd way to have a conversation, but hear me out first. Ranting occurs when you feel stressed out about something. When you are feeling unhappy and need someone to listen to you, having a rant can often lead to having a deep conversation. When you are upset and you keep talking about your negative feelings, you can judge who is actually lending you an ear, and who is just pretending. Also, ranting helps you let out steam and feel lighter. When you are annoyed about something and you discover that another person also feels the same way about the same thing, then having that conversation helps you feel less alone and provide a sense of belonging.

Be a Genuine Responder—Sometimes, the reason we do not get into a deep conversation is because we forget to respond, or don't respond genuinely. A response can be anything, giving our shoulder for the other person to cry on, listening instead of talking, or trying to comprehend the other person's point of view. Sometimes it is better to listen to the other person instead of talking. Everyone should have turns to express themselves in a conversation. Having a good response allows the other person to feel comfortable and open up more, thus deepening the conversation.

Also, remember that disagreeing with someone doesn't mean you have to be disagreeable. It is perfectly rational to not agree with all the points when having a conversation with someone, but mutual respect should still remain so as to not end the conversation on a bad note.

Family Resource Management

10 Expert Tips for Grocery Shopping on a Budget

Source: Cleveland Clinic

Who says grocery shopping should be difficult when you're on a budget? With a little advanced planning and creativity, you can eat balanced, healthy meals that your whole family loves.

1. **Shop for nonperishable items online**—Products like protein bars and dried fruits are ideal for buying from online retailers. It saves you money because you won't have to pay food tax and shipping may be free.
2. **Buy perishable foods in quantities you'll use**—Spoiled food that's tossed into the garbage is no bargain. Try to buy fresh produce in small portions that you know you will eat within a week. Instead of buying mostly fresh produce, look for frozen fruits and vegetables, which are less perishable.
3. **Buy fresh fruits and vegetables in season**—You'll enjoy the most wholesome food on the market. Print out a list of produce and when it is in season and stick it on your fridge. Buying locally grown produce helps stimulate your local economy and you can also freeze it into smaller portions.
4. **Buy meat and cereals in bulk**—Buy meat in bulk and cut it yourself to save on cost. If you're not a meat eater, consider beans as a low-cost protein source. Buy oatmeal in bulk instead of individual flavored packs that have added sugar and salt. Plus, they cost more.
5. **Be an informed shopper**—Keep your budget from inflating by sticking to your grocery list. Use weekly mailers to plan out your grocery purchases for the week and take some time to compare prices for your favorite food from different stores. This helps prevent impulse buying.
6. **Limit your purchase of ready-prepared foods**—Convenience is great until you have to pay more for it. Go to the refrigerated section for ready-made foods only on occasions when you're willing to pay more for the convenience.
7. **Clip coupons with caution**—Clipping and using coupons can feel like an accomplishment, but on the flip side, coupons may persuade you to purchase items you generally wouldn't buy.
8. **Use your imagination with leftovers**—Create soups, casseroles and new dishes with your leftovers to avoid tossing out unused food. If you run short of ideas, browse websites for recipes and just key in your leftover ingredients.
9. **Look for outlet stores such as day-old bakeries**—Prices in these stores are often reduced to more than 50% off store prices.
10. **Avoid portion-controlled snack packs**—Not only are they more costly, they may not save you calories, either. Remember that sugar-free doesn't mean fat-free, and vice versa.