

## 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](https://eatgathergo.org/recipes) or [www.myplate.gov/myplate-kitchen/recipes](https://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](https://www.211.org) or [CommunityCompass.app](https://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/>

Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).



### 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.