

Stretch Your Food Dollars And Enjoy National Pasta Month

Pasta dishes can be tasty, healthy, and inexpensive. This month's recipe is a favorite from our Eat Smart, Move More (ESMM) program. In addition to offering samples of delicious recipes like our easy lasagna, our free classes also offer other tips like these to stretch your food dollars:



Plan, plan, plan!

Before shopping, plan meals for the week. Include dishes like stews, casseroles, and stir-fries, which “stretch” expensive items into more meals and snacks. See what food you have and make a list of what you need to buy. Taking 30 minutes or so to plan your meals will save you the stress of trying to figure out a last-minute meal or paying more to dine out!



Stick to the list

Make a shopping list for everything you need. Keep a running list on your phone, on the refrigerator, or in your purse or wallet. When you're in the store, do your best to buy only what's on your list.



Compare brands

Store brands can cost less than some of the name brand foods. Compare the items to find better prices.



Buy when foods are on sale

Stock up on food that is on sale.



For more money-saving tips or to sign up for our free classes, visit <https://www.eatgathergo.org>



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Easy Lasagna

Ingredients

- 1/2 pound lean or extra-lean ground beef or ground turkey
- 8 ounces egg noodles, uncooked (try whole grain)
- 12 ounces fat-free cottage cheese
- 2 cups reduced-fat mozzarella cheese, shredded
- 1 (14.5-ounce) can unsalted, diced tomatoes, not drained
- 1 cup water
- 1/2 teaspoon parsley
- 1/2 teaspoon oregano
- 1 tablespoon Italian seasoning
- Non-stick cooking spray

Directions

1. Brown ground beef or turkey. Drain and return to skillet.
2. Stir in diced tomatoes, water, parsley, oregano and Italian seasoning. Bring to a boil.
3. Add uncooked pasta. Cover and cook on medium heat for 15 minutes.
4. Stir in cottage cheese. Cover and cook for 5 minutes.
5. Stir in 2 cups of mozzarella cheese.
6. Cover and remove from heat. Let stand for 5 minutes to melt cheese.

Resources: <https://www.eatgathergo.org/eat/shopping/finding-the-best-buy/>
NC EFNEP – Families Eating Smart and Moving More, <https://ncefnep.org/easy-lasagna/>