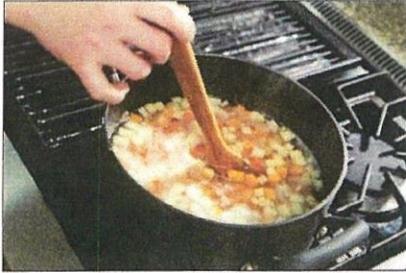


Make Your Own



You can save money on many foods by making them at home instead of buying them pre-made. When you buy prepared and packaged foods, you pay for the labor and packaging. Make simple foods yourself. Then set a budget for items that are more difficult and time consuming to prepare at home.

Easy Foods to Make at Home

Here are ideas for foods to make at home:

- **Salads with protein foods:** Make tuna, egg, chicken, salmon, salmon, or shrimp salads for a quick, protein-packed lunch.
- **Soups:** Cook a double batch of chicken, vegetable, beef, or bean soup. Freeze some portions for later.
- **Fruit salad:** Pre-cut fruit costs a lot. Instead, buy fruits that are in season and cut them up at home.
- **Vegetables:** Avoid pricey, pre-cut vegetables like peeled garlic, sliced carrots, or cubed butternut squash. Prep your own vegetables at home.
- **Sandwiches:** Many pre-made sandwiches are loaded with high-calorie condiments and more than one portion of lunchmeat. Instead, try these make-at-home sandwiches:
 - Two tablespoons peanut butter with a teaspoon jelly on whole wheat bread
 - Two ounces deli turkey or ham, with lettuce, tomato, a slice of Swiss cheese, and two teaspoons of honey mustard on whole grain bread
 - Two slices low-fat American or Swiss cheese with sliced tomato and cucumber and spicy mustard on toasted whole wheat bread
 - Two scrambled eggs, lettuce, sliced tomato, and one slice of low-fat cheese on a whole wheat English muffin
- **Muffins:** Many packaged muffins have more than 500 calories and are oversized portions. Bake your own healthier versions, such as blueberry, banana-nut, or corn, at home.
- **Side salads:** Make your own coleslaw, pasta salad, and potato salad. Use no more than 1 tablespoon oil or mayonnaise per serving to cut back on fat and calories.
- **Macaroni and cheese:** Forget the boxed mixes! Prepare a homemade batch using whole grain pasta, low-fat milk, and real cheese.

- **Salad dressing:** Many bottled dressings are packed with salt and sugar. Instead, make your own version of balsamic, ranch, or honey mustard dressing.
- **Cookie dough:** Instead of buying frozen dough, find an easy recipe that takes minutes to prepare.
- **Pancake mix:** The ingredients in pancakes are cheap and take just minutes to measure out. You can mix together the dry ingredients (like flour, sugar, and baking powder) ahead of time. Then just add the liquid ingredients, such as milk, oil, and eggs when you are ready to cook.
- **Granola:** Bake a batch of granola with rolled oats, dried fruits, and nuts.
- **Trail mix:** Mix dried fruit, nuts, and whole grain cereal for a quick snack.
- **Applesauce:** Slice and simmer apples in a little water until soft. Then mash or puree the apples into sauce. For more flavor, add cinnamon, nutmeg, allspice, and honey or brown sugar.
- **Flavored oatmeal:** Skip the single-serving packets of flavored oatmeal. Instead, buy plain rolled oats and add your own flavors, such as sliced fruit, peanut butter, or brown sugar and cinnamon.
- **Dips:** Whip up a quick batch of black bean dip or chickpea hummus.
- **Popcorn:** In a large saucepan, combine a touch of oil and popcorn kernels to make your own popcorn. Avoid microwave popcorn, which is more expensive and can be high in fat.



Healthy Recipe Finder

Here is a list of Web sites where you can find healthy recipes:

- **Cooking Light:** www.cookinglight.com
- **Eating Well:** www.eatingwell.com/
- **Small Step:** www.smallstep.gov/eb/recipes.html
- **Food and Health:** foodandhealth.com/recipes.php
- **Meals Matter:** www.mealsmatter.org/about

