

...for further questions and Information...

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Visit our website
www.cce.cornell.edu/onondaga

Cornell Cooperative Extension
of Onondaga County
Monday – Friday
8:30 a.m. to 4:30 p.m.

(Voice Mail messaging available
24 hours/day)



FNS/USDA and Cornell Cooperative Extension of Onondaga County provided funding for this material. The Supplemental Nutrition Assistance Education Program provides nutrition assistance to people with low income. It can help to buy nutritious foods for a better diet. To find out more, contact the Food Stamp Office at (315) 435-2526 or 1-800-344-3009 or Nutrition Outreach Food Bank of CNY at (315) 437-1899."

Cornell Cooperative Extension in Onondaga County is an equal opportunity provider and employer. 10/08

Grocery List

Keep a list handy to jot down items you need

Fresh Fruits and Vegetables Whole Grains- (breads, cereals, pasta)

Refrigerated Foods and Dairy Products Meats, Poultry, Fish

Staples, Dry Beans and Peas Canned Foods

Frozen Foods Paper and Non-Food Items

Other



Cooperative Extension
Onondaga County

S-T-R-E-T-C-H

Your S.N.A.P.* Benefit

Look What \$14 Can Buy!!
(Minimum monthly benefit from SNAP*)



(No product endorsement intended)

* Supplemental Nutrition Assistance Program – formerly the Food Stamp Program.



Cooperative Extension

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Create a One-Dish Meal

Look What \$14 Can Buy!!

2, 13 oz. packages whole wheat pasta	\$ 2.98
1, 12oz. package of egg noodles	.79
1, 26 oz. can spaghetti sauce	.99
2, 15 oz. cans vegetables (store brand)	\$1.00
1, 10 ³ / ₄ oz. 98% fat free cream soup	\$1.09
1, 28oz. can of diced tomatoes	.99
1, 6 oz. can light tuna in water	.99
1 quart 1% milk or fat free milk	.96
1lb. (90% lean) ground beef	\$3.69
16 oz. frozen mixed vegetables	<u>.89</u>
Total	\$14.47

(Reflects prices in effect 10/08 in CNY supermarkets.
Prices reflect usual store prices- not sale prices)



Tuna Casserole-6 servings	
1 can peas	.50
1 can tuna	.99
1 can soup	\$1.09
3/4 pkg. egg noodles	.59
11 oz. Milk	.33
Total \$3.50 cost per casserole	
58¢ cost per serving	
Hamburger Casserole-6 servings	
1 can green beans	.50
1 can tomatoes	.99
1 pkg. whole wheat pasta	\$1.49
1lb. 90% lean ground beef	\$3.69
Total \$6.67 cost per casserole	
\$1.11 cost per serving	
Pasta Primavera-6 servings	
1 can spaghetti sauce	.99
1 pkg. whole wheat pasta	\$1.49
12oz pkg. mixed veg.	.89
Total \$3.37 cost per dinner	
56¢ cost per serving	

(Try herbs and spices to add flavor! Check a Dollar Store for good buys.)

3 meals cost \$13.54

Smart Shopper Secrets!

- Check to see what items you have in your refrigerator, freezer or cupboards.
- Now, plan your menu using the items you already have on hand.
- Next, make a shopping list and stick to it!
- Check the unit price-compare price of sale items, store and name brands.
- Remember, don't shop hungry.
- Avoid convenience foods.
- Buy fruits and vegetables "In Season".
- Fresh is often cheaper!

Choose Wisely! Use the MyPyramid to Guide your Food Choices!



Helping You Put Knowledge to Work

Cornell Cooperative Extension provides equal program and employment opportunities.