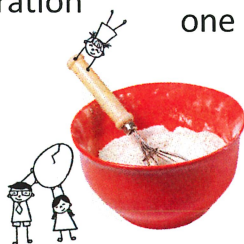


Budget Friendly Foods to Keep in Your Home

Having canned, dried, and other shelf-stable food items at home can ease concerns over running out of food due to finances or if you can't get to the grocery store. These nutritious foods taste great and provide a sense of well-being to those who are looking to stretch their food dollars or want to be prepared for emergencies. Studies show nutritional content of canned foods is similar to cooked, fresh, and frozen varieties, and they provide needed vitamins and nutrients to our diet.

Shelf-stable foods are able to survive long periods of time on shelves without spoiling. Unopened and in their sealed containers or packaging, these items can be kept in the pantry and do not need refrigeration. Most shelf-stable foods can be found in the canned food section of the grocery store and, dried items, like fruits, or baked items like crackers, cereals and granola, are also shelf-stable. Some foods, like canned meats, fruits, and vegetables, will need refrigeration for any leftover amounts.



Whether you choose canned, fresh, or frozen options, be sure to read the label. Some canned or frozen foods can be higher in sodium or sugar. When possible, choose options that are whole grain, low in sodium, and have no added sugar.

Budget friendly, shelf-stable food examples:

Proteins: Beans, lentils, peas - all either dried or canned, peanut butter, canned tuna, salmon, chicken and other meats, peanuts and other tree nuts

Dairy: powdered milk, shelf-stable milk, canned evaporated milk, and some cheeses

Grains: rice, couscous, quinoa, tortillas, and pastas, crackers, cornmeal, wheat flours

Fruits and vegetables: Anything canned is a great option. Ideas for dried fruits include raisins, apricots, prunes, and unsweetened applesauce.

Eggs: They are versatile, an excellent and economical source of protein, and eggs remain fresh in the refrigerator for at least one month.

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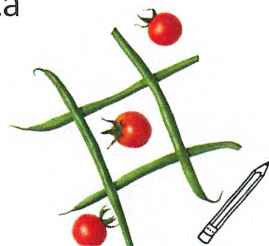
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Budget Friendly Shopping List & Recipe Ideas

Budget friendly shopping list:

- Canned beans (all varieties)
- Whole Grain Tortillas
- Cheese
- Canned tomatoes & sauce
- Canned or frozen corn and other vegetables
- Canned chipotle peppers
- Canned or frozen fruit
- Salsa
- Milk (check expiration date)
- Eggs
- Butter
- Olive oil
- Whole Grain Bread (freeze extra)
- Potatoes, Onions, Carrots, Celery
- Minced garlic
- Oranges, Apples, Limes, Avocados
- Chicken, ground beef or turkey (freeze extra)
- Sausage or kielbasa
- Broth
- Brown Rice
- Peanut butter
- Nuts & dried fruit
- Whole Grain Pasta



Recipe Ideas:

Quesadillas:

Beans + Salsa + Tortillas + Cheese

Chili:

Beans + Canned Tomatoes + Onion + Spices + Garlic (optional lime juice)

Burrito Bowl:

Beans + Salsa + Rice + Spices + Cheese (optional lime juice and avocado)

Breakfast Burritos:

Beans + Salsa + Eggs + Tortillas + Cheese (optional avocado)

Side dish:

Beans + Spices + Garlic

Bean Soup:

Beans + Broth + Garlic + Carrots + Onions + Celery + Spices (optional lime juice)

Taco Pasta:

Beans + Pasta + Chipotles + Onions + Garlic + Cheese + Canned Corn + Canned Tomatoes + Spices

Breakfast Scramble:

Egg + Sausage + Potato + Onion + Canned Veggies