



Wings

A Weekly Newsletter for Families

February: Week 1
Nutrition

“You don’t need a silver fork to eat good food.” – Paul Prudhomme



Eat Healthy Without Breaking the Bank

With a few simple guidelines, you can help your family eat healthy foods while sticking to a budget.

Make a grocery list and stick to it – A grocery list will help you make sure you buy healthy foods while resisting the urge to buy things you don’t need. Establish a list of staples for your pantry, fridge and freezer to keep your grocery spending in check.

Buy foods that are in season and local – Fruits and vegetables that are in season are more affordable and tastier. Look for cauliflower, beets, broccoli and hearty greens in winter; apples, sweet potatoes and carrots in the fall; and spinach, peppers, tomatoes and berries in the summer.

Other great buys – Generic foods, from dairy items to oats and flour, often are lower priced because of their packaging and advertising – not their quality. Buy rice, canned beans, tomato sauce and other pantry items you use often in bulk – you’ll get a better deal and they store well. And to prevent waste and save money, buy frozen fruits and vegetables.

Get creative with leftovers – If you have leftover ingredients when you’re making a dish, don’t throw them away. Instead, freeze them or try using them in a new recipe the next day.

•• **INFANT Inspiration**

Get the Right Formula – If you decide to feed your baby formula, find out about the different types of formulas available. Talk to your doctor about which might be best for your baby: cow’s milk-based, soy-based, hypoallergenic or specialized formulas. In addition, they come in powders, concentrates and ready-to-use forms.



•• **TODDLER Tales**

Control Portion Sizes – To serve your child healthy food portions, think of a plate divided into four equal sections. Use one top section for protein and the other top section for starch (ideally a whole grain).

•• **PRESCHOOL Power**

Fill both sections of the bottom half mainly with vegetables and some fruit. Don’t overlap the sections or pile them high!

