

HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

Fresh, whole foods can be expensive. However, you can **Save Money While Eating Healthy**. Follow these tips to help you with your grocery shopping. Plan your meals for the week ahead of time and stick to the plan. Review ads and clip coupons. Look for savings on healthier foods such as chicken, beef, fruits, and vegetables. Cut the coupons out or sign up for your local grocer's bonus card for more savings. Beware of unhealthy displays. Stores often place unhealthy foods on the ends of aisles and in other visible spots where children can easily see them. These are often advertised with a familiar TV or toy character. If shopping with your children, you can teach them about food and nutrition.

Healthy Recipe: Tortilla Roll-Ups

4-10 inch whole wheat tortillas
2 tablespoons low-fat salad dressing or low-fat mayonnaise
½ cup chunky salsa
4 ounces sliced smoked turkey or roast beef
½ cup shredded low fat cheddar cheese
½ cup thin strips red pepper
¼ cup sliced green onions
2 tablespoons sliced black olives

- Spread salad dressing on tortilla
- Spread salsa over salad dressing
- Top with meat, cheese and vegetables as desired.
- Roll up and serve or heat 1 minute in microwave on medium power.
- Wrap each tortilla in plastic wrap after rolling and then refrigerate. Cut into 1-inch slices for bite-sized snacks.

Source: Wheat Foods Council at www.wheatfoods.org