



Wellness Buddy Wednesday Tip

Shopping Wisely

- **Buy ingredients in closest-to-useable form.** Choose such items as
 - Skinned, boned chicken breasts
 - Shredded cheese
 - A jar of minced garlic
 - Bags of prewashed spinach and cole slaw mix
 - Packaged carrot sticks
- **Learn your supermarket layout** so that you won't have to backtrack for something you forgot.
- **Buy only as much as you can use.** It's not a bargain if you use a small amount and throw the rest away.
- **Check unit pricing.** Consider the cost per serving or per unit cost of the different sizes of a product. Buy in bulk only if it's a bargain and you have the space to store it.
- **Read labels** to compare nutrition information and grades of the product.
- **Use coupons**—they can cut your grocery bill noticeably. Take advantage of double-coupon days.
- **Buy seasonal specials.** Fresh fruits and produce “in season” are delicious and inexpensive.

Maximize Time and Minimize Cleanup to Cook Healthy & Quick

- Use two sets of measuring cups so you can measure consecutive ingredients without washing or wiping out the measure repeatedly.
- Measure dry ingredients before moist ones to minimize clean-up. Before measuring honey, rinse the measure with cold water first; then the honey will slide right out.
- Chop an ingredient only once, even if it's called for in more than one step. For example, if you need one tablespoon of chopped parsley in a meat mixture and another in a sauce, it can be cut for both steps at the same time.
- Buy the best-quality knives you can afford, since they will probably last a lifetime. Keep your knives sharp. Cutting is much quicker with a sharp blade.
- Use two cutting boards to hold separately chopped ingredients without your having to transfer them.
- Use a food processor to chop, slice, or shred several ingredients together or consecutively without washing the workbowl if they will later be combined. The mini-chopper is good for small quantities of fresh herbs or garlic and other frequently used ingredients to refrigerate or freeze for later use.
- When baking or roasting, remember to preheat the oven before you assemble the recipe; if you forget, it will take the oven about 20 minutes to reach the specified temperature.
- Use a microwave for thawing foods quickly or for shortcuts such as softening or melting margarine.
- Use nonstick skillets, saucepans, and baking pans, which require less oil for cooking and are easy to clean.
- Chop canned tomatoes right in the can with kitchen scissors, and use a pizza cutter for cutting dough and bread into small pieces.

Peace and Blessings!

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Providing guidance and support to make the "healthy choice the easy choice!"