



Solano Family & Children's Services, Child and Adult Care Food Program

Volume 22 Issue 3 March 2022

Nutrition Nuggets

Eating Well On a Budget

Food can get very pricey nowadays, especially when you are looking for quality and fresh ingredients. Feeding your family can be expensive, but feeding an entire daycare can send your grocery bill through the roof. In addition to the support and assistance we offer providers who participate on our food program, there are also other ways to set and stay on a budget. Eating healthy doesn't have to be expensive, here are some tips below you can follow.

1. **Choose low cost sources of protein.** Dried beans, peas, lentils, canned fish, eggs, and peanut butter are healthy, inexpensive sources of protein.
2. **Buy fruits and vegetables that are in season.** Most fruits and vegetables are available all year, but some cost less when they are in season. For example, in late summer tomatoes drop in price; in the fall apples are in season. Ask your grocer or look online.
3. **Check out farmers markets.** Farmers markets offer seasonal fruits and vegetables direct from farmers, and many accept SNAP cards or WIC vouchers (stop at the info booth to find out).
4. **Buy in bulk.** You may save money by buying large quantities or stocking up on sale items. For example, bulk oats are much less expensive than instant oatmeal, and cook up almost as quickly.
5. **Be in the know.** Find out when stores publish weekly flyers or announce sale items. Check with clerks or store managers to ask about upcoming sales.
6. **Check unit prices.** Most stores print a price-per-pound or price-per-unit cost in small print below the larger item price. Compare brands to find out which healthy option offers the best overall price for your dollar.
7. **Stick to a weekly meal plan.** Together as a family, make a plan for the week's meals and try to use ingredients for more than one meal. For example, a whole grilled or roast chicken can last for a few meals.

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Reminder

Great news providers! We have extended the deadline for recipe submissions for Solano Family's 2022 Cookbook! You now have until April 4th to submit recipes. For more information on how to participate please call Carli Cardwell 707-864-4656 or Sidney Morton 707-864-4631. We look forward to hearing from you!

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Trail Mix Balls

1/3 cup of honey	2 tablespoons water
1/3 cup peanut butter	1/2 teaspoon of vanilla
3/4 cup crisp rice cereal	3/4 cup crisp rice cereal, toasted
1/3 cups dried fruit bits	1/4 cup salted sunflower kernels
1/4 cup lightly salted peanuts	1/4 cup unsweetened large coconut flakes
1 tablespoon sesame seeds	



In a small saucepan, combine honey and the water; cook and stir over low heat until the honey liquefies. Remove from heat. Add peanut butter and vanilla, whisking until peanut butter is melted and mixture is smooth. Meanwhile, in a large bowl, combine rice cereal, toasted rolled oats, fruit bits, sunflower seed kernels, peanuts, coconut, and sesame seeds. Pour honey mixture over cereal mixture; stir to coat. Cover and chill for 1 to 2 hours or just until firm. Using your damp hands, shape mixture into 30 balls, each about 1-1/4 inches in diameter. Chill balls until ready to serve. Store in a tightly covered container in the refrigerator for up to 1 week.

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Healthy Snacks on the Go

Here are some easy and fast prepared snack options that will replenish all of the energy your children exert without requiring a long sit down to consume these tasty bites.

- **Apples** hold up well in backpacks, and they have plenty of fiber and vitamin C.
- **Oranges, seedless clementine, and mandarin oranges** come in their own leak proof containers, their skins! They can go right in a bag in the morning and enjoyed at any time of the day.
- **Cheese quesadilla slices** make a great to go snack with protein. Make them for dinner, and then eat the leftovers throughout the week.
- **Baby carrots** are simple and often come pre-washed and are an extra time saver.
- **Rice cakes** are easy to grab and satisfyingly crunchy. Try adding peanut butter and raisins or lean meat and cheese.
- **Low fat yogurt** is a filling snack that adds protein and calcium. Make sure to pack a spoon!
- **Whole grain crackers** are easy to build into a mini meal by adding cheese, hummus or peanut butter.
- **Vegetable sticks** cut from carrots, cucumbers, and bell peppers are vibrant and vitamin packed.

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