

New York State Consumer Protection Board is on your **SYDE!**

Please **JOIN** our **Stretch Your Dollar Effort:**



At Home Food Preparation TIPS

The following suggestions have been received from consumers thus far. Please add your own suggestions by sending an email to my2cents@consumer.state.ny.us.

- ASSEMBLE healthy snacks at home in small baggies using foods such as nuts and seeds, low-fat cheese, and fresh veggies and fruits, rather than buying less healthy and more expensive prepackaged and processed snacks.
- DO "batch cooking" when the food budget and time allow. Cook a large amount of spaghetti sauce, divide it into family-size portions, and freeze them promptly for meals later in the month.
- SAVE and use all leftovers for lunch, snacks or meals. Also, take advantage of planned leftovers to cut preparation time. For example, prepare pasta, serve half of it, and freeze the remaining half to use later with vegetables in a stir-fry or in other dishes.
- BREW coffee at home. An average cup of brewed coffee in the US costs about \$1.38 and the average American drinks at least 3 cups of coffee a day. That has you spending \$28.98 a week and about \$1,506.98 a year on coffee.
- USE a crock pot, slow cooker or pressure cooker following manufacturer's instructions to turn tougher cuts of meat into tender casseroles using low temperature.
- MAKE nutritious, homemade soup stocks in a pressure cooker rather than purchasing prepared or canned soups from the store.
- DRINK water from the tap, where appropriate. If you must purchase water, engage a service and use a reusable aluminum water bottle.
- GROW a vegetable or spice garden on your window sill, porch or in your yard. Take part in a co-op garden if you do not have enough space.
- USE day-old bread or rolls for breadcrumbs and croutons.
- TURN an electric stove or oven off minutes before the end of the cooking time. The stove keeps warm after being shut off and food continues to cook.
- USE over-ripe fruit by puréeing it for homemade jellies, jams or baked goods.
- STORE ice cream cartons in a sealed plastic bag to prevent the dessert from developing freezer burn.
- REVIVE wilted lettuce by rinsing it upside-down under cold water for a few seconds. Shake off excess water and place in a plastic bag tightly keeping in air. Refrigerate for several hours.
- TRY adding a little water to condiments like ketchup, salad dressings and marinades when they get low to make them last a little longer.

New in July

- ADD BEANS, OATMEAL or BREADCRUMBS to chopped meat to make it go further.
- **Add your own tip!**