

Make it at Home

With the high price of restaurant and take-out food, try making it at home instead. You can choose to buy healthy foods for your family and prepare them together. You can control your food dollars too by preparing and cooking just what you need. Get the whole family involved in planning and preparing the meal. You have control when you make it at home.

Save money by making it at home.

For example, here are the costs for pizza:

12-inch pizza	
Made at home	\$3.00
Frozen store brand	\$3.89
Take Out	\$10.00

Make-at-home burritos

Everyone can make their own!

Ingredients:

Canned beans or cooked chicken

Whole wheat tortilla

Lettuce, chopped tomato, cheese, salsa, onions, peppers

1. Heat beans or chicken.
2. Fill a whole wheat tortilla with a small amount of beans or chicken.
3. Add your favorite toppings.

Serve with a glass of non-fat milk and a piece of fruit.

Make-at-home Sandwich or Sub

Make a sub at home to take to work or school. Buy whole wheat sub rolls or pita bread.

Fill with:

- tuna,
- hummus,
- peanut butter, or
- lean meat like turkey.

Add some crunch:

- lettuce,
- celery,
- shredded carrots,
- cucumber slices



Children can help!

Children are more likely to eat meals they've helped prepare. Here are some of the things kids can do:

- Wash fruit and veggies
- Tear lettuce
- Mix ingredients together
- Get ingredients for the recipe
- Measure flour, salt, spices, and other ingredients

Make pizza at home with your kids

Pizza is a fun and fast way to get kids involved. You can buy a pre-made crust, sauce, and cheese. Chop up your favorite veggies or fruit for toppings. Let your child decorate several slices with her choices. Bake and enjoy as a family!

Bring it from Home



It's easy to stop to pick up a coffee or another drink when you are out. You can save a lot if you take a few minutes to make it at home or fill your water bottle before you leave.

A water bottle costs between \$3 and \$8. It will pay for itself in three to eight days. Bringing your own water will save you at least \$250 per year.

Buying five coffees per week will cost you \$325 per year! Make it from home and pack it in a travel mug for \$26 per year.

Ways To Save:

	Take-out	From Home
Coffee	\$1.25 - \$2.00 (small)	\$.10 - \$.15
Water	\$1.00 - 1.59 (bottled)	\$ 0

Want to learn more?

Would you like more ideas about healthy cooking at home with your family? Call the Nutrition Connections staff in your county at:

Belknap 527-5475

Carroll 447-3834

Cheshire 352-4550

Coos 788-4961

Grafton 536-3720



Hillsborough 641-6060

Merrimack 796-2151

Rockingham 679-5616

Strafford 516-8115

Sullivan 863-9200

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-852-3345 x9700.

Visit our web site at www.extension.unh.edu