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Food For Fathers

Feeding Kids and Ourselves Made Easy With
FoodWise Nutrition Educator Jace Purdy

Meet with Jace and other dads over Zoom for 4 sessions learning how to encourage healthy eating in children!

6-7pm Thursdays this Fall.
10/31, 11/7, 11/14, 11/21!

Register here!

bit.ly/3TvtQxV

Or scan the QR code



UW-MADISON EXTENSION

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Image: Pixabay

Shop Smart

Grocery shopping can be a challenge, especially for people on a limited budget. Food bills are high right now. You can still serve easy, healthy meals.

1. What's on hand? Go through your cupboards, refrigerator, and freezer to use up what you have.
2. Make a meal plan. You will be less tempted to eat out if you have a plan.
3. What's on sale? Check local stores for sales and coupons for things you need.
4. Eat seasonal foods. Fall is a great time to buy apples, pears, squash. Other produce may be more expensive now.
5. Make your own! Many items are easy and much cheaper to make at home. For example, make your own pizza, lasagna, & salad dressing
6. Identify & Buy: Think about what you eat often, and buy those foods in bulk. It could be rice, condiments, or oatmeal. Large containers often cost much less.

USDA's MyPlate Kitchen offers 30-minute meals and seasonal recipes to help you get started.

See <https://www.myplate.gov/myplate-kitchen>

Use Less Meat

Cutting back doesn't have to mean going without. If your chili recipe calls for a pound of hamburger, you can reduce the beef by half and add an extra can of black beans, pinto beans, kidney beans or cannellini beans.

Spaghetti sauce: Use less meat and more vegetables like mushrooms, eggplant, zucchini, or onions. You can add whatever meat is on sale—Italian sausage, ground turkey, even sliced pepperoni or breakfast sausage.

Taco filling: Use half the meat and add black beans, corn, cooked rice, chopped zucchini, chopped onions & peppers.

Sloppy Joes: Use half ground beef and half cooked lentils.

Make some meals meatless. Instead of burgers, try grilled cheese with a hearty vegetable soup. Serve a breakfast bake with eggs, potatoes, and cheese for supper.

Use Everything you Buy

According to the nonprofit organization Feeding America, Americans waste more than \$408 billion each year on food, with dairy products being the food item we toss out the most. The average American family of four throws out \$1,600 a year in produce

Food waste is a common problem. You buy celery and use two stalks and then forget about it. You buy a bag of onions, use a few and then they go bad. Many foods like these can be chopped and frozen to last longer.

You can also search online for recipes that use what you have left over. It's smart to have an end of the week soup or casserole that uses up the odds and ends in your fridge.



Homemade Ranch Dressing

Ingredients

- 2 teaspoons dried, minced onions
- 1/2 teaspoon salt
- 1/8 teaspoon garlic powder
- 1 tablespoon dried parsley
- 1 cup Greek yogurt, plain, fat-free
- 1 cup buttermilk

Directions

1. Wash hands with soap and water.
2. Collect and measure all ingredients before starting to prepare the recipe.
3. Add the dried onion, salt, garlic powder, and dried parsley to a bowl, and stir gently to combine.
4. Add the Greek yogurt and buttermilk, and stir until spices are evenly distributed.
5. Chill before serving.
6. Keep leftovers refrigerated, and eat within 1 week

Note: If you don't have buttermilk, you can substitute 1 cup milk mixed with 1 tablespoon vinegar

Nutrition Information

Serving Size: 2 Tablespoons
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Nutrients	Amount
Total Calories	20
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	96 mg
Carbohydrates	2 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars Included	0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	37 mg
Iron	0 mg
Potassium	50 mg

N/A will display when nutrient data is unavailable
Please note: nutrient values are subject to change as data is updated



Image: USDA SNAP-Ed Connection