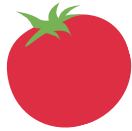


URI SNAP-ED NUTRITION NEWSLETTER



GET MORE BITE FOR YOUR BUCK AT THE GROCERY STORE

Grocery shopping today can be a stressful task. Food prices are rising and some of your favorite products might be missing from the shelf. What can you do?

Following the steps below on the "**Path Towards Savings**" makes having healthy meals at home easier by getting *more bite for your buck* at the grocery store!

SNAP-Ed is out in the community doing face-to-face programs and also virtually as requested. Please call our hotline at **1-877-366-3874**, visit uri.edu/snaped or follow us on social media for more family-friendly recipes and information.



RISNPed



URI_Nutrition_Ed



Community Nutrition Education RI



URI Nutrition

TAKE THE PATH TOWARDS SAVINGS

START Plan Ahead

- Take inventory of the fridge and pantry.
- Check store flyers for sales and plan meals around these foods.
- Write a shopping list and follow it.



Choose Products Mindfully

- Choose store brands when cheaper.
- Keep low-cost proteins such as eggs, beans and canned tuna on hand to use when fresh meats are costly or out of stock.



Buy in Bulk



- Larger packages often cost less per ounce or pound. Buy larger packages of items you use often or that are shelf-stable.

In-Season Produce



- When buying fresh produce, in-season fruit and vegetables are often cheaper.



- Frozen vegetables are a healthy option and will last longer than fresh!

Have questions or want to learn more about healthy eating on a budget? You can email us at nutrition@etal.uri.edu, or call our hotline at **1-877-366-3874**.

TUNA PASTA SALAD

INGREDIENTS

2 cups uncooked whole wheat pasta
 1 cup shredded carrots
 1 cup chopped celery
 2 (5 ounce) cans tuna in water, drained
 1/4 cup Italian salad dressing



INSTRUCTIONS

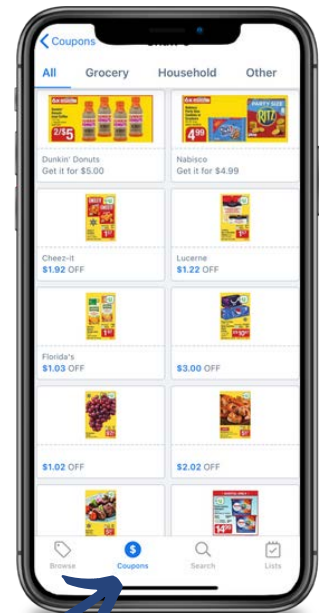
1. Cook pasta according to package directions.
2. In a large bowl combine cooked pasta, carrots, celery, and tuna. Chill for 1 hour.
3. Pour salad dressing over pasta mixture. Toss and serve.

Items Out-of-Stock?
 Try These Simple Swaps!

Recipe	Other Options
Whole Wheat Pasta	White Pasta White or Brown Rice
Carrots Celery	Tomatoes Bell Peppers Cucumbers Olives
Canned Tuna	Canned Chicken Canned Salmon
Italian Salad Dressing	Oil, Vinegar, Salt & Pepper



TECHNOLOGY SPOTLIGHT Easy Savings with the *flipp* App



Try the *flipp* app on your phone/tablet to find extra savings on the items on your grocery list.

How to get started:

- Download "flipp" in the app store on your phone/tablet.
- Enter your zip code to see weekly flyers from stores in your area.
- Use the search bar to type in the name of a specific store or to search for specific items; Example: "yogurt".
- Select items and add them to your list in the app.
- If yogurt is on your list, you can click on the word "yogurt" and be taken to a screen for comparing weekly deals on yogurt of different brands and from different stores.
- Click on the "coupon" icon at the bottom of the screen to find coupons from the store you have selected.

