

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

*Ideas For Eating Better For Less . . . .*

## Spend Less On Holiday Meals

- **Plan your meals.**
- **Make a shopping list.**
- **Purchase store brands and generic products.**
- **Buy less. Prepare less.**  
Serving more food than usual is not necessary at holiday meals.
- **Prepare the food yourself.**  
It usually costs less to prepare foods from scratch.
- **Compare prices when buying cuts of meat.**  
If you have plans for leftovers, purchasing whole turkeys and roasts instead of turkey breasts and partial roasts may save you money.



### **Amazing Pumpkin Pie** Serves 8 - *It makes its own crust!*

1 cup 2% milk	2 cups canned pumpkin (16 oz. can)
1 tsp. salt	1/4 tsp. ground cloves
1 cup sugar	1 tsp. baking powder
1 tsp. ground cinnamon	1/2 tsp. ground allspice
3 eggs	1/2 cup flour
1 tsp. nutmeg	



1. Mix all ingredients together using a blender or mixer. Pour into well greased pie pan.
2. Bake at 350 degrees for 1 hour.

NUTRITION FACTS (per serving) - Calories 160 ~ fat 2.5 g ~ calories from fat 25 ~ sodium 410 mg ~ total carbohydrate 31 g ~ fiber 2 g

## **Tortilla Crepes with Fresh Fruit** Serves 6.

1/4 cup brown sugar

Juice of 1 lime

2 cups sliced berries,

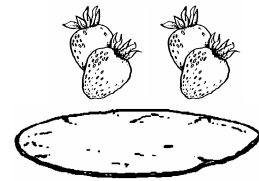
2 bananas, peeled and sliced

6 flour tortillas

3/4 cup lowfat ricotta cheese

1/4 tsp. ground cinnamon

2 tsp. margarine



1. In a large bowl, dissolve brown sugar in lime juice. Stir in fruit. Set aside.
2. Spread half of each warmed tortilla with 2 tablespoons of ricotta cheese. Sprinkle cinnamon over ricotta. Fold tortilla in half.
3. Melt margarine in nonstick pan over medium heat. Add two folded tortillas. Cook, turning once, until warmed thoroughly. Remove to plate. Repeat with remaining tortillas.
4. Spoon fruit (approximately 2/3 cup) on each tortilla.

NUTRITION FACTS (per serving) - Calories 270 ~ fat 7 g ~ calories from fat 70 ~ sodium 330 mg ~ total carbohydrate 46 g

## **More Tips For Cutting Food Costs**



- ◆ Plan shopping around weekly and holiday specials.
- ◆ Don't grocery shop when hungry, you are likely to buy more.
- ◆ Use food coupons but only buy what you will use.
- ◆ Avoid buying expensive snack foods with little nutritional value.
- ◆ "Day-Old" bread and baked goods are good buys at reduced prices.



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