



ENERGIZE YOUR LIFE! EAT HEALTHY—BE ACTIVE

A newsletter for Basic Food families.
Issue 1

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Skillet Meal

Makes 4 to 6 servings

- Directions:**
1. In a skillet, mix one choice each from Pasta, Meat and Sauce groups.
 2. Season to taste with salt, pepper, soy sauce, onion or garlic powder.
 3. Bring to a boil. Reduce heat to low. Cover. Cook 30 minutes, stir often.
 4. Add vegetables and heat through. Serve. Refrigerate leftovers.



PASTA

2 cups uncooked:

- ★ Noodles, macaroni, or spaghetti

MEAT, FISH or BEANS

1 pound OR 1 to 1+1/2 cups COOKED or CANNED:

- ★ Ground beef,
- ★ Ground turkey,
- ★ Canned tuna, or
- ★ Canned beans

SAUCE

1 can soup plus 2+1/2 cans milk or water:

- ★ Cream of mushroom,
- ★ Cream of potato, or
- ★ Tomato soup

Note: 1/2 cup cheese can be stirred in at the end of cooking time.

VEGETABLES

1+1/2 to 2 cups canned, frozen, cooked or raw:

- ★ Carrots,
- ★ Peas,
- ★ Corn,
- ★ Green beans,
- ★ Broccoli,
- ★ Spinach, or
- ★ Mixed vegetables

Eat Healthy: Add Fruits and Vegetables

Supper Mac and Cheese:

Add 1 cup chopped vegetables to a package of cooked macaroni and cheese. Add vegetables when you add the cheese and heat just until hot.



Kids Special:

Try adding thin slices of fruit to a peanut butter sandwich for a fun and fruity twist.



- Bananas,
- Oranges,
- Grapes,
- Apples, or
- Strawberries

Adding vegetables to favorite foods makes nutrition easy!

Eat Healthy: Plan Meals

A little planning will help stretch your food money and keep your family healthy.



- ★ People spend less money on food when they make a grocery list and stick to it. Impulse buying blows a budget.

- ★ Use frozen or canned vegetables when fresh vegetables are not in season.

Make small amounts of meat, chicken or fish go further by mixing with rice, noodles, corn or potatoes.



- ★ To make food last through the month, freeze leftovers for later. The **Skillet Meal** is one way to stretch your food. (See recipe on back.)

Be Active: Feel Good!



- ★ Adults need 30-60 minutes of activity a day for health and weight control- just 10 minutes at a time. It adds up!



- ★ All activity counts; walking or playing with kids or friends, gardening, bicycling, even cleaning house!



If you are not used to activity, start with just a few minutes and add time every day as you become stronger.

- ★ Kids need 60 minutes of activity every day.