

Daily Union Article

6/8/2019

Title: **Market Savings**

This past Thursday, the Geary Community Hospital launched into a new season for their farmers market. The sense of community that you feel at this market is both positive and refreshing. With producers from the area bringing their homegrown produce and vendors offering homemade food products, what's not to love?

In addition to the great environment, your access to healthy food options is at its prime at the farmer's market. As you walk through the market on Thursday nights, you will find fresh fruit such as strawberries and mulberries. You will find vegetables picked fresh from the farm including new potatoes, green onions, a wide variety of leaf lettuce, spinach and more.

The Geary County K-State Research and Extension SNAP-Ed program offered information about eating fresh and healthy while also sharing a taste of what you can make from produce available at the market: Strawberry Spinach Salad (see recipe below).

If you receive SNAP benefits, you can also purchase from the farmer's market using your benefits card. Simply stop by the Live Well Geary County tent and tell them how much you would like to spend at the market. They will run your card through the EBT terminal and give you tokens to spend equal to the amount deducted from your card. If you want fresh fruits and vegetables, you can also receive Double Up Food Bucks tokens that count for twice as much as you had deducted from your card. This offers you a great opportunity to buy local, buy fresh, and save money!

If buying at the market doesn't work into your schedule, you can also save money at the grocery store with careful planning.

Here are a few easy tips that can make your supermarket savings add up:

- Keep a grocery list. Making extra trips to the store for the forgotten items costs you extra time and money (for gas and items that aren't needed). Keep your list where it is easily accessible.
- Garbage check. Tossing food into the trash costs us money. When we throw away leftovers, it is like throwing money into the trash can. Reduce waste by making less or by planning leftovers into your menu every day.
- Don't shop when you're hungry. You will buy more than you need, buy things to snack on, or buy things that are not on your list. Eating before you shop can

save you money AND calories.

- Take your lunch. Eating out at noon can easily cost \$5 or more. That adds up to \$100 a month if you are a frugal consumer – more likely it will be close to \$150!
- Cut it out! Using coupons is a helpful practice when it comes to saving money on your food bill. However, make sure you only use coupons for foods you normally would eat. You can access a variety of couponing sites on the internet to help you save even more!
- Check expiration dates. You might have to dig clear to the back of the shelf to find a date that is farther out. If you purchase food that is on sale because it is nearing the expiration date, make sure you use that product soon.
- Take a tidbit taste. If you want to try something new, go for it. However, start with the smallest package you can to take a taste test before you commit to the economy size package. You don't want to be stuck with the big box if your family doesn't seem to like it.
- The cost of convenience food can destroy your food budget. As a rule of thumb, the quicker, the easier, the more costly. Cut the fruits and vegetables yourself and you can experience substantial savings.

Creating new habits can be a challenge. Look at the list above and identify two things you will do to change your food purchasing habits. Each month, add another two changes you will make. In no time, you'll see the fruits of your labor (pun intended)!

*Source: University of Nebraska Lincoln Extension publication "Supermarket Savings"*

## **Strawberry Spinach Salad**

### **Ingredients:**

6 ounce package spinach leaves (or about 2 bunches)  
1 pint strawberries (about 2 cups sliced)

### **Dressing:**

1/2cup sugar  
2 tablespoons sesame seeds  
1 tablespoon poppy seeds  
1/2 teaspoon minced onions  
1/4 teaspoon Worcestershire Sauce  
1/4 teaspoon paprika  
1/4 cup vegetable oil  
1/3 cup cider vinegar

### **Directions:**

1. Wash spinach leaves and strawberries in clear water and drain well.

2. Remove stems from spinach leaves, tear into bite-size pieces and place in a large bowl.
3. Remove stems, slice strawberries and add to spinach. Cover and chill until serving time.
4. In a blender or food processor, combine sugar, seeds, onions, Worcestershire Sauce and paprika.
5. With blender running, add oil and vinegar to combine ingredients. Chill.
6. Toss spinach and strawberries with about half the dressing, reserving the rest for another recipe.

**Helpful Hints:**

Wait to combine the dressing with the salad until just before serving. Separately, both will keep in the fridge for a couple days. Drizzle the dressing over the strawberries and spinach. Toss and serve!

Recipe Source: <https://www.kidsacookin.org/easy-recipes>

*For more information about this recipe and other fun recipes, contact Geary County K-State Research & Extension at 785-238-4161.*

<b>Nutrition Facts</b>	
Serving Size 1 cup (212g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 210</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 1.5g	<b>7%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 95mg</b>	<b>4%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 4g	<b>17%</b>
Sugars 21g	
<b>Protein 4g</b>	
Vitamin A 210% • Vitamin C 110%	
Calcium 15% • Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	