

# 30 days on \$200

A Cooking Guide for Tasty & Healthy  
Eating on a Budget



Sponsored by Hannaford Supermarkets, in partnership with the Biddeford Department of Health and Welfare.

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## A Cooking Guide for Tasty & Healthy Eating on a Budget

Dear Readers,

An individual who benefits from the Federal Food Assistance Program receives an average of \$200 per month. That's roughly \$6.66 per day which could easily be spent on a single prepared meal – for one. Eating well on a limited budget requires thoughtful planning and cooking more meals at home from scratch.

It is important to eat a healthy, well-balanced diet and this can be accomplished on a tight budget. What we put into our bodies on a daily basis has a huge impact on our overall health. Poor diet and weight gain are linked to many health issues, including heart disease, high blood pressure, type 2 diabetes, certain cancers, and asthma in children.

The purpose of this guide is to show you how to plan meals and to provide suggestions for inexpensive, healthy, and delicious recipes, and the guide includes other useful information to support you as well.

Being healthy is important. Eating a nutritious diet takes time, commitment, and personal responsibility.

– Benjamin J. Slocum, Class of 2016  
UNE College of Osteopathic Medicine



## Sample 30 Day Shopping List:

Is eating a healthy diet on \$200/month even possible?\*

### Shopping List

1	42 oz. Whole Grain Oats	\$3.18	2	28 oz. Diced Tomatoes @ \$1.69/ea	\$3.38
1	16 oz. Granola	\$2.00	1	15 oz. can Garbanzo Beans	\$0.99
1	16 oz. bag Dried Lentils	\$1.39	1	15 oz. can Cannellini Beans	\$0.99
1	16 oz. Brown Rice	\$1.00	1	24 oz. jar Marinara Sauce	\$1.75
1	16 oz. pkg. Penne Pasta	\$0.99	1	28 oz. jar Pasta Sauce	\$1.89
1	13.5 oz. pkg. Wheat Pasta	\$1.19	2	10.75 oz. Cans Mushroom Soup @ \$1.15/ea	\$2.30
1	8 oz. Lasagna Noodles	\$1.19			
2	Dozen Eggs @ \$3.99/ea	\$7.98	1	Better Than Bouillon Chicken Base (Reduced Sodium)	\$4.19
6	lbs. Family-pack Chicken Breast @ \$3.39/lb	\$20.34	1	17 oz. Olive Oil	\$3.88
1	Rotisserie Chicken	\$4.99	1	3 oz. Garlic Powder	\$1.79
1.3	lbs. Ground Turkey @ \$2.76/lb	\$3.59	1	2 oz. Black Pepper	\$1.49
1	4-pack Tuna in water	\$3.72	1	26 oz. Salt	\$0.95
1	32 oz. Yogurt	\$3.69			
1	8 oz. Shredded Mozzarella	\$2.49	Sub Total:		\$120.92
1	15 oz. Ricotta Cheese	\$1.89	Tax (7%):		\$8.46
1	8 oz. Grated Parmesan Cheese	\$3.59			
3	Garlic Heads @ \$0.79/ea	\$2.37	<b>Total:</b>		<b>\$129.38</b>
1	Broccoli Head	\$2.99			
7	Large Onions @ \$0.59/lb	\$4.13			
4.3	lbs. Carrots @ \$0.79/lb	\$3.42			
1	Celery Head	\$1.99			
1	Red Pepper @ \$2.59/lb	\$1.55			
1	Yellow Pepper @ \$2.59/lb	\$1.55			
1	2 oz. Fresh Basil	\$2.99			
	48 oz. Fresh Green Beans	\$4.77			
1	16 oz. Frozen Green Beans	\$0.99			
2	10 oz. Frozen Spinach @ \$0.99/ea	\$1.98			
1	16 oz. Frozen Broccoli	\$1.19			
1	16 oz. Frozen Peas	\$1.49			
	16 oz. Frozen Berries	\$2.99			

**\* YES! It is possible to eat healthy for \$200 a month.**

30 Days on \$200 shopping list is intended for one person.

Turn the page to see what a month of meals looks like with this grocery list.

Prices listed in this booklet are estimates of 2014 only, and are subject to change. Remaining balance can be used for non-food necessities, additional seasonings to enhance recipes, and for alternative items to meet dietary or other needs.

PLEASE NOTE: To ensure freshness, multiple shopping trips throughout the month may be necessary to keep perishable items at their best.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
<b>1</b> Oatmeal & Berries Chicken Rice Soup Vegetable Lasagna  Cook: Chicken Rice Soup Vegetable Lasagna	<b>2</b> Scrambled Eggs & Veggies Chicken Rice Soup Vegetable Lasagna	<b>3</b> Oatmeal & Berries Vegetable Lasagna Pan Fried Garlic Chicken & Healthy Side Dish  Cook: Garlic Chicken	<b>4</b> Yogurt & Granola Chicken Rice Soup Vegetable Lasagna	<b>5</b> Oatmeal & Berries Chicken Rice Soup Pan Fried Garlic Chicken & healthy side dish	<b>6</b> Scrambled Eggs & Veggies Pan Fried Garlic Chicken & Healthy Side Dish Vegetable Lasagna	<b>7</b> Oatmeal & Berries Vegetable Lasagna Pan Fried Garlic Chicken & Healthy Side Dish
<b>8</b> Scrambled Eggs & Veggies Lentil Soup Pan Fried Garlic Chicken & Healthy Side Dish  Cook: Lentil Soup Garlic Chicken	<b>9</b> Oatmeal & Berries Lentil Soup Vegetable Lasagna	<b>10</b> Yogurt & Granola Lentil Soup Pan Fried Garlic Chicken & Healthy Side Dish	<b>11</b> Oatmeal & Berries Chicken Rice Soup Vegetable Lasagna	<b>12</b> Scrambled Eggs & Veggies Lentil Soup Pan Fried Garlic Chicken & Healthy Side Dish	<b>13</b> Oatmeal & Fruit Chicken Rice Soup Vegetable Lasagna	<b>14</b> Scrambled Eggs & Veggies Lentil Soup Vegetable Lasagna
<b>15</b> Oatmeal & Berries Minestrone Soup Tuna Casserole  Cook: Minestrone Soup Tuna Casserole	<b>16</b> Yogurt & Granola Minestrone Soup Pan Fried Garlic Chicken & Healthy Side Dish	<b>17</b> Oatmeal & Berries Tuna Casserole Minestrone Soup	<b>18</b> Scrambled Eggs & Veggies Lentil Soup Tuna Casserole	<b>19</b> Oatmeal & Berries Tuna Casserole Vegetable Lasagna	<b>20</b> Scrambled Eggs & Veggies Minestrone Soup Tuna Casserole	<b>21</b> Oatmeal & Berries Tuna Casserole Chicken Rice Soup
<b>22</b> Scrambled Eggs & Veggies Turkey Bolognese Pan Fried Garlic Chicken & Healthy Side Dish  Cook: Turkey Bolognese Garlic Chicken	<b>23</b> Oatmeal & Berries Vegetable Lasagna Turkey Bolognese	<b>24</b> Scrambled Eggs & Veggies Minestrone Soup Turkey Bolognese	<b>25</b> Oatmeal & Berries Lentil Soup Pan Fried Garlic Chicken & Healthy Side Dish	<b>26</b> Yogurt & Granola Chicken Rice Soup Turkey Bolognese	<b>27</b> Oatmeal & Berries Minestrone Soup Pan Fried Garlic Chicken & Healthy Side Dish	<b>28</b> Scrambled Eggs & Veggies Minestrone Soup Turkey Bolognese
<b>29</b> Oatmeal & Fruit Minestrone Soup Pan Fried Garlic Chicken & Healthy Side Dish	<b>30</b> Eggs & Veggies Chicken Rice Soup Vegetable Lasagna	<b>Sample 30 Day Calendar</b> <ul style="list-style-type: none"> <li>• All recipes listed here can be found elsewhere in this cookbook in addition to alternative recipe ideas.</li> <li>• With proper planning, you only need to cook approximately 5 days/month. Freeze leftovers for future meals.</li> <li>• The calendar and recipes can easily be adjusted for multi-person homes.</li> </ul>				



# Guiding Stars®

Nutritious choices made simple®

## Why Guiding Stars?

Guiding Stars® is an easy-to-use nutrition guidance program at Hannaford that helps you find foods with more nutrition by looking for special shelf tags while you shop.



One star, **good** nutritional value.



Two stars, **better** nutritional value.



Three stars, **best** nutritional value.

## The more Guiding Stars, the more nutritional value

Hannaford developed the Guiding Stars system in 2006 with the help of a scientific advisory panel.

Just check the shelf tags. If you see one, two or three Guiding Stars, it means that item has:

MORE	LESS
Vitamins Minerals Fiber Whole Grains	Saturated Fat Trans Fat Cholesterol Added Sodium Added Sugars



## No Stars?

If the shelf tag has no stars, it simply means one of two things:

**1. The food doesn't meet the nutritional criteria for a Guiding Star.** Nobody is expected to eat only starred foods all the time. It's important to balance any diet with a healthy, active lifestyle. We encourage you to read nutrition fact labels and ingredient lists to help make informed choices that work for you and your family.

**2. The food is not rated.** All items in our store have been reviewed for Guiding Stars except bottled water, alcoholic beverages, coffee, tea and dried spices. For more information, visit our website at [hannaford.com](http://hannaford.com) or the Guiding Stars website at [guidingstars.com](http://guidingstars.com).

## Cooking Measurements & Conversions

60 drops = 1 teaspoon (5 ml)

16 dashes = 1 teaspoon (5 ml)

8 pinches = 1 teaspoon (5 ml)

1 1/2 teaspoons = 1/2 tablespoon (7.5 ml)

3 teaspoons = 1 tablespoon (15 ml)

2 tablespoons = 1 fluid ounce (30 ml)

4 tablespoons = 1/4 cup (60 ml)

2 2/3 fluid ounces = 1/3 cup (79 ml)

4 fluid ounces = 1/2 cup (120 ml)

8 fluid ounces = 1 cup (240 ml)

2 cups = 1 pint (480 ml)

4 cups = 1 quart (960 ml)





## Oatmeal & Berries



### Shopping List:

- 42 oz. Whole grain oats, - \$3.18  
-Recipe requires only 3/4 cup oats
- 16 oz. Frozen Blueberries, - \$2.99 OR
- 16 oz. Frozen Raspberries, - \$2.99  
-Recipe requires only 1/4 cup berries
- 20 Cups Water (tap)  
-Recipe requires only 1 cup water

Makes 20 servings

**Total Cost: \$6.17**  
**= 30¢ per serving**

### Directions:

1. Boil water on stove.
2. Stir in oats.
3. Cook about 5 minutes over medium heat; stir occasionally.
4. Mix in frozen berries.



## Low Fat Yogurt & Granola

### Shopping List:

- 32 oz. Low fat yogurt - 3.69  
- Recipe requires only 1/2 cup of yogurt
- 16 oz. Granola cereal - \$2.00  
- Recipe requires only 1/3 cup of granola

Makes 4 servings

**Total Cost: \$5.69**  
**= \$1.42 per serving**

### Directions:

1. Mix granola and yogurt in a small bowl; enjoy.

**Nutritional Info:** Yogurt is a great source of calcium to help maintain healthy bone structure.

**Nutritional Info:** Oatmeal is an excellent source of soluble fiber that helps to lower blood cholesterol.

**Nutrition Facts per serving:** Calories 480, Total Fat 8 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Sodium 10 mg, Total Carbohydrate 83 g, Dietary Fiber 13 g, Protein 20 g



## Scrambled Eggs & Veggies

### Shopping List:

- 2 Dozen eggs - \$7.98 @ \$3.99 ea.  
-Recipe requires only 2 eggs
- 1 Garlic head - \$0.79  
-Recipe requires only 1 clove
- 1 Yellow onion - \$0.59 @ \$0.59/lb  
-Recipe requires only 1/4 cup; chopped
- 1 Broccoli head - \$2.99  
-Recipe requires only 1/4 cup; chopped
- 1 Red pepper - \$1.55 @ \$ 2.59/lb  
-Recipe requires only 1/4 cup; chopped

Makes 12, 2-egg servings

**Total Cost: \$13.90**  
**= \$1.16 per serving**

### Directions:

1. Rinse vegetables in sink; mince garlic and vegetables.
2. Sauté vegetables and garlic over medium heat.
3. Crack and scramble eggs in bowl and add to frying pan once vegetables appear softened.
4. Stir eggs occasionally, should be cooked thoroughly in 5 minutes.



*Note: You get more garlic flavor if you crush the garlic clove with the side of a knife before mincing.*

**Nutritional Info:** Eggs provide one of the highest quality protein of any food. Protein helps fill you up and keep you energized.

**Nutrition Facts per serving:** Calories 160, Total Fat 9 g, Saturated Fat 3 g, Cholesterol 325 mg, Sodium 135 mg, Total Carbohydrate 8 g, Dietary Fiber 2 g, Protein 12 g





## Chicken Rice Soup

### Shopping List:

- 1 Whole oven roasted rotisserie chicken - \$4.99
- 16 oz. Brown rice - \$1.00
- 1 Large onion - \$0.59
- 3 Large carrots - \$0.79
- 1 Celery head - \$1.99  
-Recipe requires only 3 stalks of celery (\$0.66)
- Better Than Bouillon Chicken Base (Reduced Sodium) - \$4.19  
- Recipe requires only 9.5 cups of chicken base (\$1.05)

Makes 8 servings

**Total cost: \$9.08**  
**= \$1.14 per serving**

### Directions:

1. Boil 10 cups of water.
2. Add 3 1/2 Tbsp. of Better Than Bouillon Chicken Base and rice.
3. Chop vegetables and add them to pot, keeping pot on high heat.
4. Pull meat off rotisserie chicken and cut into bite sized pieces.
5. Stir pot occasionally, and when rice and vegetables are soft, add chicken.
6. Cook for additional 5 minutes, stirring occasionally and serve.

*Note: Freeze leftovers in single serving containers. When ready to eat again, thaw each serving and reheat in microwave or in a pot on the stove.*



**Nutritional Info:** Brown rice is a whole grain containing fiber, vitamin E, and B vitamins. Carrots are an excellent source of beta carotene and support good vision.

**Nutrition Facts per serving:** Calories 370, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 65 mg, Sodium 350 mg, Total Carbohydrate 51 g, Dietary Fiber 3 g, Protein 6 g





## Lentil Soup

### Shopping List:

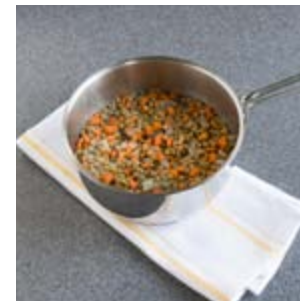
- 2 Cups of dried lentils - \$1.39
- 1 Large onion - \$0.59
- 3 Large carrots - \$0.79
- Better Than Bouillon Chicken Base (Reduced Sodium) - \$4.19  
-Recipe requires only 8 cups of broth (\$0.88)

Makes 8 servings

**Total cost: \$3.65**  
**= 46¢ per serving**

### Directions:

1. Boil 8 cups of water.
  2. Add 3 Tbsp. of Better Than Bouillon Chicken Base and dried lentils to pot, keeping pot on high heat.
  3. Chop vegetables and add them to pot.
  4. Continue to cook for 20 minutes, stirring occasionally.
  5. Stir and serve.
- Freeze leftovers.



**Nutritional Info:** Lentils are relatively inexpensive and are a great source of fiber and protein. They cook up faster than most other legumes, and are very filling.

**Nutrition Facts per serving:** Calories 200, Total Fat 1.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 190 mg, Total Carbohydrate 35 g, Dietary Fiber 6 g, Protein 12 g





## Butternut Squash Soup

### Shopping List:

- 4 lbs. Butternut squash (approximately 2-3) - \$4.76
- 1 Large onion - \$0.59
- Better Than Bouillon Chicken Base (Reduced Sodium) - \$4.19  
-Recipe requires 4 cups of broth (\$0.44)

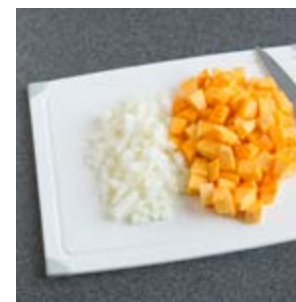
Makes 8 servings

**Total cost: \$5.79**  
**= 72¢ per serving**

### Directions:

1. Chop onion and add to large pot on medium heat.
2. Peel and seed squash, then chop into 1 inch chunks and add to pot once onion appears clear.
3. Add 6 cups of water and 2 1/4 Tbsp. of Better Than Bouillon Chicken Base.
4. Continue to cook on medium heat for 20 minutes, stirring occasionally.
5. When squash is tender remove pieces of squash with slotted spoon and place in a blender and puree.
6. Return blended squash to pot of broth reserve, mix until smooth and serve.

Freeze leftovers.



*Note: Any type of squash can be substituted for the same recipe.*

**Nutritional Info:** Butternut squash is an excellent source of carotene and vitamin C, and a good source of potassium.

**Nutrition Facts per serving:** Calories 130, Total Fat 0.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 180 mg, Total Carbohydrate 30 g, Dietary Fiber 5 g, Protein 3g





## Minestrone Soup

### Shopping List:

- 16 oz. Penne pasta - \$0.99
- 16 oz. Frozen cut green beans - \$0.99  
-Recipe requires only 8oz. - \$0.50
- 10 oz. Frozen chopped spinach - \$0.99
- 28 oz. (2 Cans) Diced tomatoes with Italian herbs,  
- \$3.38 @ \$1.69 each
- 15 oz. Can garbanzo beans (chickpeas) - \$0.99
- 15 oz. Can cannellini beans, 15- \$0.99
- 1 Yellow sweet pepper- \$1.55 @ \$2.59/lb
- 1 Large onion - \$0.59
- 3 Large carrots - \$0.79
- Better Than Bouillon Chicken Base (Reduced Sodium) - \$4.19  
-Recipe requires only 6 cups of broth (\$0.66)

Makes 8 servings

**Total cost: \$11.43 = \$1.43 per serving**

### Directions:

1. Heat 6 cups of water on high heat and mix in 2 1/2 Tbsp. of Better Than Bouillon Chicken Base.
2. Cut up carrots, pepper, and onion.
3. Add pasta, carrots, and onion to pot on high heat.
4. Once pasta begins to soften add pepper, beans, diced tomatoes, green beans, and spinach. Turn heat down to medium.
5. Let soup cook for 20 minutes, stirring occasionally.

Freeze leftovers.



**Nutritional Info:** Tomatoes and spinach are rich in antioxidants and other phytonutrients that help protect against heart disease and cancer.

**Nutrition Facts per serving:** Calories 350, Total Fat 2.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 500 mg, Total Carbohydrate 67 g, Dietary Fiber 8 g, Protein 15 g





## Tuna Casserole

### Shopping List:

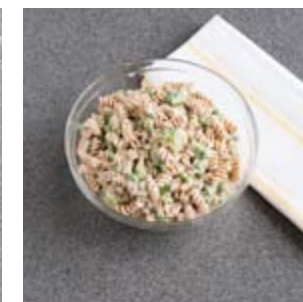
- 4 (5oz.) Cans chunk light tuna in water - \$3.72  
-Recipe requires only 2 cans (\$1.86)
- 13.25 oz. Box whole wheat rotini pasta - \$1.19
- 2 (10.75 oz.) Cans condensed cream of mushroom soup - \$2.30 @ \$1.15 each
- 16 oz. Frozen peas - \$1.49  
-Recipe requires only 8 oz. (\$0.75)
- 16 oz. Frozen chopped broccoli - \$1.19  
-Recipe requires only 8 oz. (\$0.60)
- 1 Large onion - \$0.59

Makes 6 servings

**Total cost: \$9.15 = \$1.53 per serving**

### Directions:

1. Preheat oven to 425°F.
2. Bring a large pot of water to a boil. Cook pasta in boiling water for 8-10 minutes and strain.
3. In a large bowl, mix pasta, onion, peas, broccoli, tuna, soup.
4. Transfer mix to a 9x13 inch baking dish.
5. Bake for 15-20 minutes.



**Nutritional Info:** Tuna is just about the most nutrient-dense source of protein you can find and it's relatively inexpensive. Due to current levels of mercury in tuna, try to limit consumption to 2 cans per person, per week.

**Nutrition Facts per serving:** Calories 420, Total Fat 8 g, Saturated Fat 1.5 g, Cholesterol 25 mg, Sodium 980 mg, Total Carbohydrate 63 g, Dietary Fiber 11 g, Protein 27 g





## Vegetable Lasagna



### Shopping List:

- 8 oz. Dried lasagna noodles - \$1.19
- 28 oz. Pasta sauce - \$1.89
- Dozen eggs - \$3.99  
-Recipe requires 2 eggs, (\$0.67)
- 15oz. Carton ricotta cheese - \$1.89
- 1 Large onion, chopped - \$0.59
- 1 Garlic head - \$0.79  
-Recipe requires 4 cloves garlic, minced
- 3 Large carrots, shredded - \$0.79
- 17 oz. Bottle of olive oil, - \$3.88  
-Recipe requires 2 Tbsp. (\$0.23)
- 2 oz. Black Pepper - \$1.49  
-Recipe requires 1/2 tsp. (\$0.06)
- 10 oz. Frozen chopped spinach, - \$0.99, thawed drained
- 16 oz. Frozen chopped broccoli- \$1.19, thawed and drained  
-Recipe requires 8 oz. (\$0.60)

- 16 oz. Frozen peas - \$1.49  
- Recipe requires 8 oz. (\$0.75)
- 8 oz. pkg. shredded mozzarella cheese - \$2.49

Makes 12 servings

**Total cost: \$12.93**  
**= \$1.08 per serving**

### Directions:

1. Preheat oven to 350°F.
2. Place ricotta in a bowl and mix in eggs and 1/4 cup of water.
3. Chop carrots, onion, and garlic into small pieces and mix in a large bowl with frozen veggies.
4. Spread a thin layer of sauce on the bottom a 9"x13" baking pan.
5. Cover with a single layer of noodles (3 should be enough).
6. Spread 1/3 of the ricotta mixture over the pasta.
7. Spread 1/3 of the remaining pasta sauce over the cheese.
8. Spread 1/2 of the vegetables over the sauce.
9. Sprinkle 1/3 of the mozzarella over the veggies.
10. Repeat steps 5 through 9 twice - excluding step 8 the final time.
11. Cover and bake until the noodles are tender (45 min).
12. Remove cover and bake 5 minutes until cheese melts.
13. Remove from oven and allow to stand for 5 minutes before cutting. Enjoy!



**Nutritional Info:** Dark green vegetables like spinach and broccoli are loaded with vitamins and minerals. Eating more dark green vegetables can reduce your risk for certain types of cancers and help to protect your bones from osteoporosis.

**Nutrition Facts per serving:** Calories 270, Total Fat 10 g, Saturated Fat 4.5 g, Cholesterol 50 mg, Sodium 510 mg, Total Carbohydrate 30 g, Dietary Fiber 4 g, Protein 16 g





## Turkey Bolognese

### Shopping List:

- 1.3 lb. Ground turkey - \$3.59
- 16 oz. Penne pasta - \$0.99
- 1 Large onion - \$0.59
- 4 Garlic cloves - \$0.40
- 1 Large carrot - \$0.26
- 1 Celery head- \$1.99  
-Recipe requires 1 stalk of celery(\$0.22)
- 3 Cups marinara sauce - \$1.75
- 1 Pkg. fresh basil leaves - \$2.99  
-Recipe requires only 1/4 cup basil chopped (\$1.05)
- 17 oz. Bottle of olive oil \$3.88  
-Recipe requires only 1/4 cup olive oil (\$0.45)
- 26 oz. Salt - \$0.95  
-Recipe requires only 1/2 tsp. (\$0.01)
- 2 oz. Black pepper - \$1.49  
-Recipe requires only 1/2 tsp (\$0.06)
- 8 oz. container of grated Parmesan cheese - \$3.59  
-Recipe requires only 1/2 cup (\$1.80)

Makes 6 servings

**Total cost: \$12.12**  
**= \$2.02 per serving**

### Directions:

#### Sauce:

1. Heat the oil in a heavy large frying pan over medium heat.
2. Finely chop onion and garlic and add to the frying pan. Cook until the onion appears clear (about 5 minutes).
3. Finely chop carrot and celery and add to the frying pan. Cook until the vegetables are tender (about 5 minutes).
4. Meanwhile, in a separate frying pan cook turkey on medium heat, stirring occasionally. When cooked through, strain the meat and add it to vegetables.
5. Add the marinara sauce. Decrease the heat to medium-low and simmer for 15 minutes to allow the flavors to blend, stirring often.
6. Stir in the basil toward the end of the 15 minutes.

### Pasta:

Meanwhile, cook the penne in a large pot of boiling salted water until tender, about 8 minutes. Drain off pasta water. To serve, scoop sauce over pasta and add Parmesan cheese. Refrigerate sauce and leftover pasta separately.



**Nutritional Info:** Ground turkey can be substituted for ground beef in most recipes. Turkey is lower in saturated fat, which makes it a heart-healthy alternative to red meat.

**Nutrition Facts per serving:** Calories 630, Total Fat 23g, Saturated Fat 6g, Cholesterol 80mg, Sodium 990 mg; Sugar 11g, Total Carbohydrates 71 g, Dietary Fiber 6g, Protein 36g





## Pasta with Greens & Beans



### Shopping List:

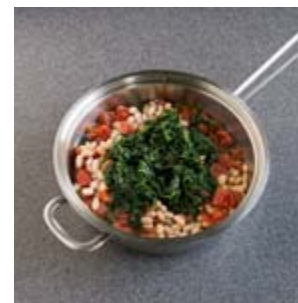
- 16 oz. Penne pasta - \$0.99  
-Recipe requires 8 oz. (\$0.50)
- 17 oz. Bottle olive oil - \$3.88  
-Recipe requires 1 Tbsp. (\$0.11)
- 1 Garlic head - \$0.79  
-Recipe requires 1 clove, minced - \$0.10
- 10 oz. Box frozen spinach - \$0.99
- 15 oz. Can of diced tomatoes with juice, 15 oz. - \$0.50
- 15 oz. Can of white beans, drained - \$0.79
- 26 oz. Salt- \$0.95  
-Recipe requires 1/2 tsp. (\$0.01)
- 2 oz. Black pepper - \$1.49  
-Recipe requires 1/2 tsp. (\$0.06)
- 8 oz. Grated Parmesan cheese - \$3.59  
-Recipe requires 1/2 cup (\$1.80)

Makes 6 servings

**Total cost: \$4.86**  
**= 81¢ per serving**

### Directions:

1. Boil water and cook pasta according to package directions.
2. Meanwhile, heat oil in large sauté pan or skillet. Add minced garlic and cook on low until soft.
3. Add spinach, tomatoes with juice, drained beans, salt, and pepper. Once the mixture bubbles, cook uncovered on low heat for 5 minutes.
4. Add drained pasta and Parmesan cheese to spinach mixture. Toss well and serve.
5. Refrigerate leftovers.



**Nutritional Info:** Excellent example of a meatless meal where foods are combined to provide a full complement of dietary protein. Shoot for whole grain pasta for added nutrition and fullness.

**Nutrition Facts per serving:** Calories 280, Total Fat 6 g, Saturated Fat 2.5 g, Cholesterol 10 mg, Sodium 530 mg, Total Carbohydrate 41 g, Dietary Fiber 5 g, Protein 14 g





## Pan Fried Garlic Chicken



### Shopping List:

- Family pack Boneless chicken breast - \$3.39/lb.  
-Recipe requires only 2 lbs. - \$7.10
- 17 oz. Bottle olive oil - \$3.88  
-Recipe requires only 1 Tbsp. (\$0.11)
- 3 oz. Garlic powder - \$1.79  
-Recipe requires only 1 tsp. (\$0.30)
- 26 oz. Salt - \$0.95  
-Recipe requires only 1/2 tsp. (\$0.01)
- 2 oz. Black pepper- \$1.49  
-Recipe requires only 1/2 tsp. (\$0.06)

Makes 4 servings

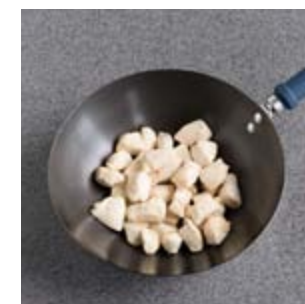
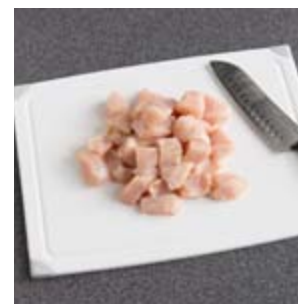
**Total cost: \$7.58**  
**= \$1.90 per serving**

### Directions:

1. Rinse chicken breast under cool water and cut into small cubes.
2. Heat oil in pan on medium-high heat and add chicken.
3. Powder chicken with garlic, pepper, and salt.
4. Stir meat to make sure it's cooked evenly on all sides.
5. Cook until chicken is no longer pink (5-8 minutes) and until internal temperature is 165°.

Serve over beans & rice.

*For Beans & Rice recipe instructions, refer to page 35.*



**Nutritional Info:** Chicken is lower in cholesterol and saturated fat than red meats (beef, pork, lamb). A diet high in cholesterol and saturated fat increases your risk of developing heart disease.

**Nutrition Facts per serving:** Calories 290, Total Fat 9 g, Saturated Fat 2g, Cholesterol 145 mg, Sodium 550 mg, Total Carbohydrate 1 g, Dietary Fiber 0 g, Protein 48 g





## Teriyaki Chicken

### Shopping List:

- Family pack Boneless Chicken Breast - \$3.39/lb.  
-Recipe requires only 2 lbs. - \$7.10
- 10 oz. Bottle soy sauce - \$1.99  
-Recipe requires 3 oz. - \$0.66
- 3 oz. Garlic powder - \$1.79  
-Recipe requires only 1 tsp. (\$0.30)
- 16 oz. Corn starch - \$1.99  
-Recipe requires only 1 tsp. (\$0.02)
- 26 oz. Salt - \$0.95  
-Recipe requires only 1/2 tsp. (\$0.01)
- 2 oz. Black pepper- \$1.49  
-Recipe requires only 1/2 tsp. (\$0.06)

Makes 4 servings

**Total cost: \$8.15**

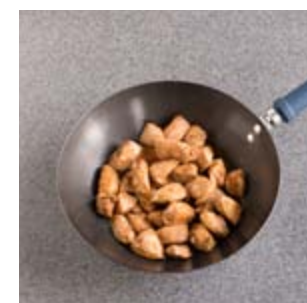
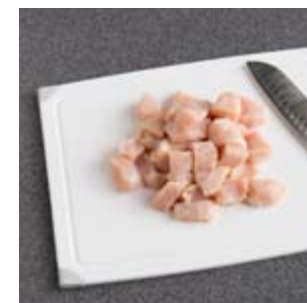
**= \$2.04 per serving**

### Directions:

1. Rinse chicken breast under cool water and cut into small cubes.
2. Put chicken in a plastic bag and marinate with soy sauce, garlic powder, salt, and black pepper. Close bag and shake it to mix thoroughly. Let sit for 5-10 minutes.
3. Empty bag into frying pan on medium-high heat.
4. Stir meat to make sure it's cooked evenly on all sides.
5. Cook until chicken is no longer pink on the inside (5-8 minutes) and until internal temperature is 165°.

Serve over broccoli & rice.

*For Broccoli & Rice recipe instructions, refer to page 34.*



**Nutritional Info:** A portion of meat is the same size as a deck of playing cards. Adding lots of veggies to a stir fry dish like this one will let you eat a larger plate of food without overeating higher calorie meat.

**Nutrition Facts per serving:** Calories 280, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 145 mg, Sodium 1720 mg, Total Carbohydrate 2 g, Dietary Fiber 0 g, Protein 50 g





## Baked Garlic Chicken

### Shopping List:

- 1 lb. Chicken thighs - \$1.39
- 3 oz. Garlic powder - \$1.79  
-Recipe requires 1 tsp. (\$0.30)
- 26 oz. Salt - \$0.95  
-Recipe requires 1/2 tsp. (\$0.01)
- 2 oz. Black pepper - \$1.49  
-Recipe requires 1/2 tsp. (\$0.06)

Makes 2 servings

**Total cost: \$1.76=**  
**88¢ per serving**

### Directions:

1. Preheat oven to 350°F.
2. Rinse chicken thighs under cool water and place in baking pan.
3. Sprinkle garlic, pepper, and salt on both sides of chicken thighs.
4. When oven is preheated, bake chicken for 40 minutes. Remove skin.
5. Serve with fresh steamed green beans. Enjoy!

*For fresh steamed green beans recipe instructions, refer to page 37.*



**Nutritional Info:** Chicken thighs can be a healthy alternative to more expensive chicken breasts. Be sure to remove the skin before eating to cut down on saturated fat.

**Nutrition Facts per serving:** Calories 280, Total Fat 9g, Saturated Fat 2.5g, Cholesterol 215 mg, Sodium 780 mg, Total Carbohydrate 1 g, Dietary Fiber 0 g, Protein 44 g





## Broccoli & Rice

### Shopping List:

- 1 Broccoli head - \$2.99
- 16 oz. bag brown rice - \$1.00
- Recipe requires 8 oz. - \$0.50

Makes 4 servings

**Total cost: \$3.99**  
**= \$1.00/serving**

### Directions:

1. Mix 8 oz. rice with 2 cups of water in pot and heat on high. Cook until rice is soft and has absorbed all water.
2. Rinse broccoli and cut into bite sized pieces.
3. Steam broccoli in separate pot on medium-high heat with 1 1/2 inches of water in bottom of pot.
4. When broccoli is soft, strain and mix with rice. Enjoy!



**Nutritional Info:** Using whole grain brown rice instead of white rice will add more fiber to your meal.

**Nutrition Facts per serving:** Calories 240, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 35 mg, Total Carbohydrate 49 g, Dietary Fiber 4 g, Protein 7 g



## Beans & Rice

### Shopping List:

- 15 oz. Can black beans - \$0.99
- 16 oz. Brown rice - \$1.00
- Recipe requires 8 oz. - \$0.50

Makes 4 servings

**Total cost: \$1.99**  
**= 50¢ per serving**

### Directions:

1. Mix 8 oz. rice with 2 cups of water in pot and heat on high. Cook until rice is soft and has absorbed all water.
2. Strain beans and mix into pot with rice. Enjoy!



**Nutritional Info:** Beans count as both a vegetable and protein. Tip: use beans in place of half the amount of ground beef in recipes to make a more budget friendly and nutritious meal.

**Nutrition Facts per serving:** Calories 290, Total Fat 2 g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 150 mg, Total Carbohydrate 58 g, Dietary Fiber 7 g, Protein 10 g





## Corn on the Cob



### Shopping List:

• 4 Ears of fresh corn - \$2.00

Makes 4 servings

**Total cost: \$2.00**

**= 50¢ per serving**

### Directions:

1. Heat enough water to cover corn in a pot over high heat.
2. Pull husk off corn and throw husk away.
3. When water is boiling, add corn to pot and cook 5-10 minutes.
4. Take corn out of pot and enjoy!



**Nutritional Info:** Corn is a whole grain - even when it's popped! It's a great way to help you get the whole grains your body needs every day.

**Nutrition Facts per serving:** Calories 90, Total Fat 1.5 g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 15 mg, Total Carbohydrate 19 g, Dietary Fiber 2 g, Protein 3 g



## Steamed Green Beans



### Shopping List:

• 16 oz. Fresh green beans - \$1.29

Makes 4 servings

**Total cost: \$1.29**

**= 33¢ per serving**

### Directions:

1. Rinse green beans with cool water.
2. Cut ends off green beans.
3. Add beans to pot with about 2 inches of water. You can use a steam liner if you have one.
4. Cover beans and cook for 5-10 minutes. Enjoy!



**Nutritional Info:** Eating a variety of vegetables every day helps ensure you are getting all of the vitamins and minerals your body needs to stay healthy.

**Nutrition Facts per serving:** Calories 30, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Total Carbohydrate 7 g, Dietary Fiber 3 g, Protein 2 g





## Mashed Potatoes



### Shopping List:

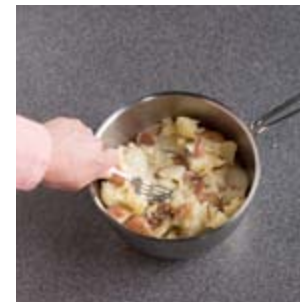
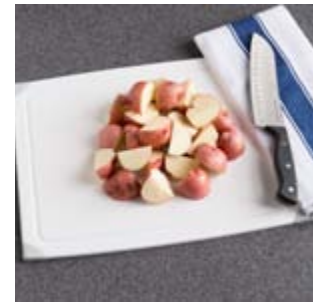
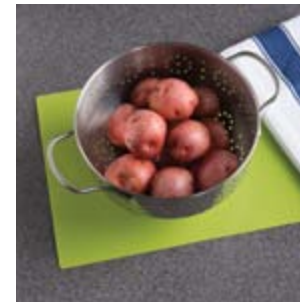
- 5 lbs. Red Potatoes - \$2.79  
-Recipe requires 2 1/2 lbs. (\$1.40)
- 1/2 Gallon Low Fat Milk - \$2.00  
-Recipe requires 1/4 cup - (\$0.06)
- 16 oz. Butter (4 stick box) - \$2.29  
-Recipe requires 1/4 stick (\$0.14)

Makes 4 servings

**Total cost: \$1.60**  
**= 40¢ per serving**

### Directions:

1. Heat enough water to cover potatoes in a pot on high heat.
2. Rinse potatoes under cold water and scrub off any dirt.
3. Using a knife, carefully cut out dark spots or sprouts.
4. Cut potatoes into quarters and add to pot.
5. Cook for 20-25 minutes or until soft when pierced with fork.
6. Turn off heat, strain potatoes, and put them back in same (now empty) pot.
7. Mash potatoes with fork, potato masher, or whip with mixer.
8. Add 1/4 cup of milk and 1/4 stick of butter and mix.



**Nutritional Info:** Try substituting a small amount of olive oil for butter to add heart-healthy flavor to your veggies.

**Nutrition Facts per serving:** Calories 280, Total Fat 6 g, Saturated Fat 4 g, Cholesterol 15 mg, Sodium 70 mg, Total Carbohydrate 52 g, Dietary Fiber 4 g, Protein 7 g





## Baked Potatoes



### Shopping List:

- 4 lbs. Russet potatoes - \$3.49
- Recipe requires 2 lbs. (\$1.75)

Makes 4 servings

**Total cost: \$1.75**  
**= 44¢ per serving**

### Directions:

1. Preheat oven to 375°F.
2. Rinse potatoes under cool water and scrub off any noticeable dirt. Use roughly one potato per person.
3. Using a knife, carefully cut out dark spots or sprouts.
4. Using a fork, poke holes in potato on all sides.
5. Bake for 45 minutes.

*Alternative for when you're short on time: Microwave for 2 1/2 minutes.*



**Nutritional Info:** Try substituting a small amount of olive oil for butter to add heart-healthy flavor to your veggies.

**Nutrition Facts per serving:** Calories 130, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Total Carbohydrate 31 g, Dietary Fiber 3 g, Protein 3 g



## Lemon Garlic Hummus

### Shopping List:

- 15.5 oz. Can garbanzo beans - \$0.99
- 17 oz. Bottle olive oil - \$3.88  
-Recipe requires 1/4 cup (\$0.45)
- 1 Lemon - \$0.35
- 1/4 Cup water - free from the tap
- 11.5 oz. Tahini - \$8.59  
-Recipe requires 1 1/2 Tbsp. (\$0.56)
- 1 Garlic head - \$0.79  
-Recipe requires 1 clove (\$0.10)
- 1 oz. Cumin - \$0.79  
-Recipe requires 1/2 tsp. (\$0.08)
- 1.75 oz. Coriander - \$1.79  
-Recipe requires 1/2 tsp. (\$0.09)
- 26 oz. Salt - \$0.95  
-Recipe requires 1/2 tsp. (\$0.01)

Makes 4 servings

**Total cost: \$2.63**  
**= 65¢ per serving**

### Directions:

1. Combine all ingredients in blender and blend until smooth.
- Eat with leftover carrots and celery.







**Nutritional Info:** Garbanzo beans (and other legumes) add inexpensive and fat-free protein to meals and snacks. Including protein-rich foods in your daily snacks will help you feel full longer, reducing the urge to snack on less healthy foods.

**Nutrition Facts per serving:** Calories 210, Total Fat 18 g, Saturated Fat 2.5g, Cholesterol 0 mg, Sodium 460 mg, Total Carbohydrate 13 g, Dietary Fiber 4 g, Protein 4 g



## Resources

- Biddeford Department of Health and Welfare  
<http://www.biddefordmaine.org/>
- Supplemental Nutrition Assistance Program (SNAP) - Education Recipe Finder  
<http://recipefinder.nal.usda.gov/>
- Learn more about the issue of hunger in the U.S.  
Watch the documentary 'A Place at the Table' (2012). 
- Join in the discussion! Share your ideas & recipes  
**Facebook Page:**  
<https://www.facebook.com/cooktoyourhealth>   
- [guidingstars.com](http://guidingstars.com)
- Visit [hannaford.com](http://hannaford.com) for more healthy affordable recipe ideas.  
You can create shopping lists online that are automatically organized in the order that your preferred store is laid out and it will provide updated shopping cart totals to help you stay on budget.
- The United States Department of Agriculture  
<http://choosemyplate.gov>
- Looking to share this booklet? Check it out online:  
<http://www.hannaford.com/30dayscookbook>  
Feel free to print copies and send the 30 Day eating guide to your friends and family!

## Contributors

Benjamin J. Slocum  
Vicky Edgerly  
KC Wright, MS, RDN, LD  
Bryony Kean, MS, RD, CSP  
Marilyn Gugliucci, Ph.D.  
Susan LaClair  
Emily Slocum  
Katherine Yanagisawa  
Kendra Albert  
Aaron Bloom  
Maureen Gill  
Alan Casavant  
Bon Appetit Meals Program  
Stone Soup Kitchen  
Hannaford Supermarkets  
Biddeford Hunger Awareness Committee

## Money Saving Tips

- Shop around and buy in bulk when possible.
- Check your weekly flyer for deals and look online for coupons for your favorite foods.
- Buy what's on sale or in season.
- Avoid spending money on snack food and soft drinks that provide little to no nutritional value.
- Reduce food waste (plan to have leftovers).
- Quit smoking and reduce alcohol consumption.
- Eat out less - cook more meals at home.
- Grow a home garden or use community gardens.
- Ask for kitchen appliances and necessities for birthday and holiday gifts.
- Coordinate meals with family and friends, with each family owning a component of the meal. It's a fun way to combine efforts and spend quality time with the important people in your life.



## Steps to a Healthy Diet

### Choose water to drink.

Because our bodies are made of 60% water, maintaining fluid balance is important. If you are well-hydrated, your skin, kidney function, and energy level will all benefit. Adults should drink at least 8 cups of fluid each day - ideally water. Fluid can come from foods and all beverages, although water is an excellent choice to avoid calories and cost.

### Always eat breakfast.

Breakfast is an important meal for you to start your day with energy and control hunger. Studies show that people who skip breakfast may actually eat more throughout the day. Start your day with protein and fiber-rich foods to keep you full for hours.

### Eat your fruits and vegetables.

MyPlate recommends that you fill half your plate with fruits and vegetables. They're loaded with vitamins, minerals, and dietary fiber. Fiber has been shown to reduce cholesterol levels, control your blood sugar levels, improve bowel health, and reduce hunger.



### Avoid late night snacking.

Eat easy-to-digest meals during the early evening and well before bedtime. Snacking before bed can disrupt your sleep.

### Take a daily multivitamin.

While no pill can substitute for a healthy, well balanced diet, multivitamins can help keep your body supplied with the nutrients it needs. Consider taking a multivitamin especially if you are concerned that you may not be eating a well balanced diet.



## Portion Control

### Size it Up! Getting your portions in proportion.

Learning correct portion sizes is the key to building a perfectly balanced plate. Using the mental images of the objects below can help you estimate portion sizes and get you started toward a healthier path to consuming the correct serving size of your favorite foods.



### Dairy

1 serving of ice cream = 1/2 cup  
(the size of a tennis ball)



1 serving of cheese = 1 ounce  
(the size of one die)



### Protein

1 serving of meat, poultry or seafood = 3 ounces  
(the size of a deck of cards)



1 serving of nut butter = 2 Tbsp  
(the size of a golf ball)



### Veggies

1 serving of veggies = 1 cup  
(the size of your fist or a baseball)



### Fruit

1 serving of fruit = 1 cup  
(the size of an apple, orange or a computer mouse)



### Grains

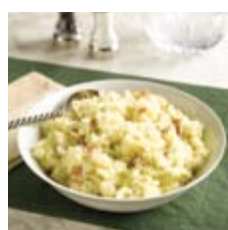
1/2 a medium whole wheat bagel = a hockey puck



1 serving of whole grain pasta = 1/2 cup  
(the size of 1/2 a baseball)



# 30 days of Healthy Eating



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