







Keep an Eye on Holiday Food Budget

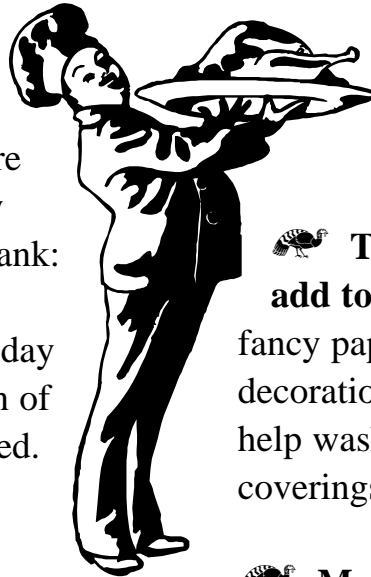
Special occasions and holiday meals may mean a big jump in the food bill at the grocery store. Here are some ideas to help you make holiday meals special without breaking the bank:

 **Use less.** When it comes to holiday meals, many families have a tradition of having much more food than is needed. When planning meals, consider less total food, smaller meat portions, or serve a smaller number of foods.


 **Serve healthy foods.** Healthier foods give more nutritional value for the food dollar. If you choose pumpkin or squash pie, the cost may be similar to pecan, but is more nutritious. Choose a healthy green salad or a mixed fruit salad, rather than a salad made mostly of gelatin, marshmallows and whipped cream.


 **Serve water as well as other beverages.** People will drink less of the other beverages served if they drink water to quench their thirst.

 **Get your money's worth out of leftovers.** Handle leftovers safely (refrigerate or freeze promptly) so they will be used for meals in the future.



Freeze the ham bone or turkey carcass and use later for broth or soup.

 **The cost of paper products can add to your "grocery" bill.** Don't buy fancy paper plates, napkins, cups and decoration items. Get family members to help wash dishes. Use cloth table coverings and napkins.

 **Make more meals into potlucks.** Your guests, whether family or friends, are usually glad to contribute a favorite dish to a holiday get-together.


Remember, being together with family and friends is more important than spending a fortune on holiday food.

Hidden Calories


Hidden calories can masquerade in food that seems healthy but is filled with fat and calories.

No matter where extra calories come from, they add up fast. But knowing what foods contain hidden calories can help you stay on track in maintaining a healthful diet.

Foods that may give more calories than you bargained for include:

 **Reduced-fat foods** - Just because some of the fat is gone doesn't mean the calories are. If you check the label, you'll find that the reduced-fat snack you're eating still has a significant number of calories - sometimes almost as much as "regular" snacks.

Tip: Pay attention to the label, especially the serving size and total calorie content, so you won't have more calories than you intended.

 **Condiments** - A tablespoon of mayonnaise adds 100 calories to your sandwich with one spread of your knife. One tablespoon of salad dressing is another quick way to add up to 100 calories in your salad. And just 1 tablespoon of butter or margarine tops your baked potato with another 100 calories.

Think of the other things you typically add to your food without much thought. Do you like jelly on your toast? One tablespoon - even of the all-fruit spreads - has about 50 calories. Do you add cream and sugar to coffee? You could be adding up to 65 calories. Honey, added to tea, has 65 calories per tablespoon.

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Pumpkin, Fall's Golden Treat

Freshly baked pumpkin dishes taste and smell great. It may surprise you to learn that pumpkin is also very healthy. Pumpkin is rich in vitamin A, iron, potassium, fiber, and vitamin C. Why not bake the following pumpkin treat and invite some friends for coffee and dessert.

Pumpkin Pie Squares

- 1 cup flour
- ½ cup quick oats
- ½ cup brown sugar
- ½ cup margarine
- 1 (16-ounce) can pumpkin
- 1 (13-ounce) can evaporated skim milk
- 2 eggs
- ¾ cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon cloves



Combine first 4 ingredients until crumbly. Press into an ungreased 9" x 13" pan. Bake 15 minutes at 350°F. Mix all remaining ingredients and pour on top of first baked layer. Bake 35 min. at 350°F. Cut into 12 squares.

Nutrition Facts: Calories 200; Fat 2 g; Cholesterol 37 mg; Sodium 61 mg; Fiber 2g; Percent RDA of Vitamin A 96%, Vitamin C 4%, Calcium 16%, Iron 19%