



## Eating on a Budget

EVERYONE HAS TO EAT. BUT IT DOESN'T HAVE TO COST A FORTUNE  
WE SWEAR!

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PANTRY STAPLES LIST ESSENTIALS, WILL KEEP YOUR GROCERY  
COSTS DOWN SO YOU CAN EAT WELL NO MATTER HOW TINY YOUR  
BUDGET IS OR HOW BUSY YOU ARE.

# WHERE YOU CAN GET MORE INFORMATION AND SEE IF YOU'RE ELIGIBLE FOR SNAP

Is there someone I can talk  
to?



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**We can help!**

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Contact the Aging and Disability Resource Center for more information and/or help  
enrolling in SNAP.

**203-785-8533**

<https://www.aoascc.org/SNAP/>



# Pantry shopping List

**Here are some of the benefits of using a list while shopping for groceries:**

- Using it can save you a lot of money
- Using it can save you a lot of time
- Using it can help you plan meals more effectively
- Using it can help you make healthier food choices
- Using it can help make grocery shopping more relaxing

Click for the list copy:

<https://www.nia.nih.gov/sites/default/files/2019-03/WOYP-shopping-list-508.pdf>

# GROCERY LIST

**PRODUCE**

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**MEAT**

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**CANNED**

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**FROZEN**

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**HOUSEHOLD**

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**DAIRY**

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**DRY GOODS**

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**OTHER**

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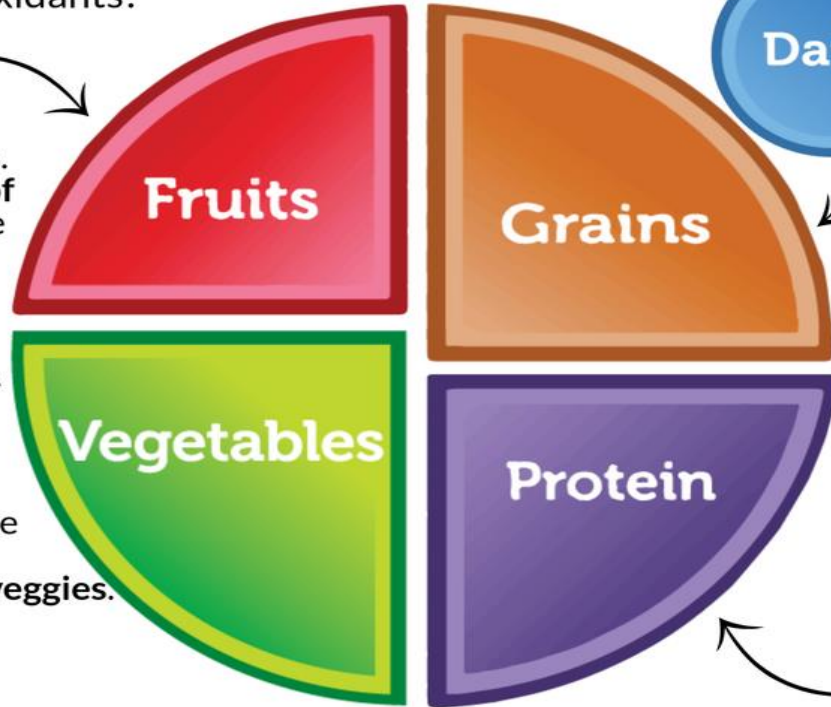
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# MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

**Fruit:**  
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

**Vegetables:**  
The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.



Dairy

**Dairy:**  
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

**Grains:**  
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

**Protein:**  
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

# STOCK YOUR KITCHEN

## PANTRY

- DRY GOODS
- OILS, VINEGARS, AND SAUCES
- HERBS AND SPICES

## REFRIGERATED ITEMS

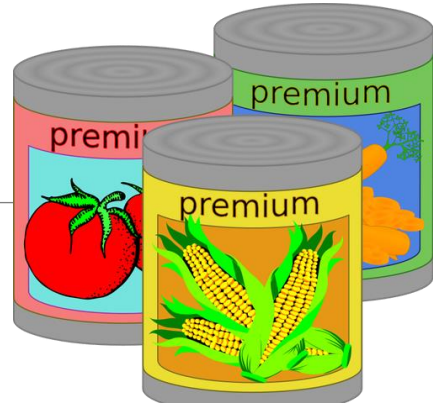
- FROZEN ITEMS
- In the Fridge

Fresh Produce

# CANNED GOODS

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- Tomatoes: paste, diced, sauce, crushed/puréed
- Beans: black, kidney, white, garbanzo
- Pumpkin Purée
- Pasta Sauce (for when there's no time to make your own)
- Coconut Milk
- Soup Base: I used Better Than Bouillon, chicken, beef, and vegetable. Refrigerate after opening.



Learn how to [Use SNAP/EBT at Farmers Markets.](#)

Find out more about [Connecticut Farmers Markets](#) (from the CT Dept of Agriculture)

Discover why [CT Loves Farmers Markets](#) ❤️!

Find a farm near you with NOFA's [CT Farm & Food Guide.](#)

*Did you know that you can use SNAP/EBT at farmers markets?*



# Tips for Buying

1. Make a list, but be open
2. Browse before you buy
3. Don't overbuy
4. Freeze things if you need to
5. Ask the farmer

## Using SNAP/EBT at Farmers Markets



**Here is everything I bought during my shopping trip for week one.**

Not a whole lot, right? I bought some pantry staples from the bulk bins at Whole Foods (rice, oat bran, chickpeas, almonds), and picked up the rest of my fresh and canned goods at my neighborhood grocery store. I stocked up on some frozen greens because that's a super easy and inexpensive way to add veggies to your meals. I splurged on feta because it adds a lot of flavor, but only used 1/4 of that block this week. The rest will be used in the following weeks.

**How much \$ did spend ?**



## Weekly Grocery Total: \$28.13

7 Days      3 meals      = 21 total meals

1 Bst-Ch Cut Leaf Spinach TF\* 1.89  
2 Bst-Ch Broccoli Florets TF\* 1.89  
3 RED CABBAGE  
2.31 @ 1 / 0.79 TF 1.82  
4 SWEET POTATO YAMS PETITE  
1.11 @ 1 / 1.29 TF 1.43  
5 Rcuses Feta Chunk TF 3.47  
6 Wheat Pita Bread 12oz TF 1.99  
7 Best Choice Tomato Sauce TF 0.39  
8 Best Choice Tomato Sauce TF 0.39  
9 Brls Thighs Jumbo Pack TF 5.65  
\*\*\*\*\* Sale Subtotal\*\*\* 18.92  
Sales Tax 0.85  
\*\*\*\*\* Total Sale\*\*\* 19.77  
  
\*\*\* VISA 19.77  
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ITEMS PURCHASED: 9  
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Your Cashier:KIM

0.78 lb @ 1lb / 2.69  
OAT BRAN ORG 2.75c 2.10 TF  
1.22 lb @ 1lb / 1.49  
BRN ARMTIC RICE 3c 1.82 TF  
0.98 lb @ 1lb / 2.69  
GARBANZO BEANS ORG 2.64 TF  
0.16 lb @ 1lb / 8.99  
BULK SLICD ALMONDS .5c 1.44 TF  
  
SUBTOTAL 8.00  
4.5% City Tax .36  
TOTAL 8.36

# White Rice / Chicken Skillet

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## INGREDIENTS

1 Tbsp cooking oil (\$0.02)  
4 bone-in, skin-on chicken thighs (\$3.48)  
1 pinch salt and pepper (\$0.05)  
2 cloves garlic, minced (\$0.16)  
1 tsp turmeric (\$0.10)  
1/2 tsp ground cumin (\$0.05)  
1/4 tsp cinnamon (\$0.03)

1.5 cups frozen peas (\$0.72)  
1 cups chicken broth\* (\$0.33)  
1/4 bunch fresh cilantro (optional) (\$0.32)

## Rice

### Ingredients

1 cup white rice, long-grain  
2 cups water  
1/2 teaspoon salt  
(Optional) 1 tablespoon butter



*Start with four bone-in chicken thighs, with skin*

*Pat them dry with a paper towel, then season both sides with salt and pepper. Drying the surface helps them brown better in the skillet*



Flip the thighs and brown on the other side. Once both sides are browned, remove the chicken to a clean plate

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If a lot of fat rendered off of the chicken thighs, pour some out until there is about a tablespoon or so left in the skillet. Add 2 cloves of minced garlic, 1 tsp turmeric, 1/2 tsp cumin, and 1/4 tsp cinnamon. Sauté the garlic and spices for about a minute, or just until the garlic is soft and fragrant (but has not browned).





\*\*\*This point you could divide your chicken for another meal like **Tacos**, or **GARLIC PARMESAN KALE Pasta Chicken**

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*Deglaze the skillet with 2 cups of chicken broth. “Deglaze” just means to use the chicken broth to dissolve any browned bits (called fond) off the bottom of the skillet. The browned stuff is the good stuff.*

Return the browned chicken to the skillet, nestling it into the rice and peas. Put lid on the skillet and turn the heat up to medium-high allow it to come to a boil. Once it reaches a boil, turn the heat down to low (or just above low) and let the skillet simmer for 25 minutes. After 25 minutes, turn the heat off and let it sit undisturbed for an additional 10 minutes



Of course, I divided my Yellow Rice Chicken Skillet up into 4 individual containers so I could just grab one at a time and microwave it to reheat. These also freeze decently well. Up to 3 month.



# Slow Cooker Black Bean Soup



# Slow Cooker Black Bean Soup

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## Ingredients

- 2 cloves garlic \$0.16
- 1 yellow onion \$0.41
- 2 ribs celery \$0.33
- 2 carrots \$0.28
- 1 lb. black beans (uncooked) \$1.75
- 1 cup salsa \$0.85
- 1 Tbsp chili powder\* \$0.30
- 1/2 Tbsp ground cumin \$0.15
- 1 tsp dried oregano \$0.05
- 4 cups vegetable broth \$0.53
- 2 cups water \$0.00

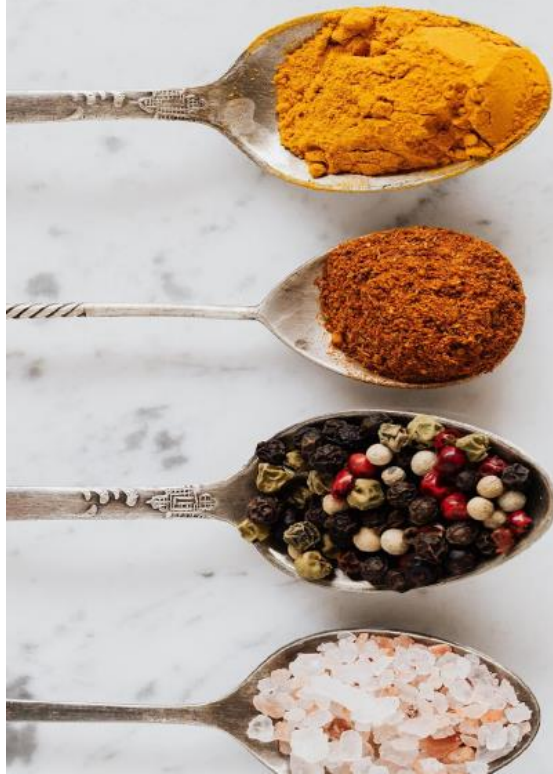
## Instructions

1. Mince the garlic, dice the onion and celery, and grate the carrots on a large holed cheese grater. Rinse the black beans in a colander under cool running water and pick out any stones or debris.
2. Combine the garlic, onion, celery, carrots, black beans, salsa, chili powder, cumin, oregano, vegetable broth, and water in a 5-7 quart slow cooker. Stir well.
3. Place the lid on the slow cooker and cook on high for 6-8 hours (you want the beans to get VERY soft). Once the beans are very soft, use an immersion blender\*\* to blend the soup until it is thick and creamy (leave some beans whole if desired). Taste the soup and add salt if needed (this will depend on the brand of vegetable broth used).

## What Can I Add to White Rice?

For a hint of flavor, use stock instead of water. \_\_\_\_\_

- Add one tablespoon of butter or oil to the water once it comes to a boil.
- In the serving dish, top the cooked rice with finely chopped green onions or chives.
- Add frozen peas to the cooked rice while it's still in the saucepan and let the residual heat from the rice thaw the peas.
- For Mexican dishes, add a tablespoon of lime juice and some chopped fresh cilantro to the rice.



 **Agency  
on Aging**  
of South Central Connecticut  
*Your Advocate for Independence®*

Contact 203.785.8533  
Agency On Aging Of South Central CT  
117 Washington Avenue,  
Suite 17  
North Haven, CT 06473



Meals on Wheels



Food Banks



SNAP/Food Stamps



The Emergency Food  
Assistance Program (TEFAP)



Other Resources

