



Holiday Hints & Helps: Feasting on a Budget

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Be A Savvy Shopper

- Before you go to the store, check to see what you already have at home. Buying duplicate is a waste of money. Also, you may be able to combine something you have on hand with something to be bought to make a different dish later.
- Check the ads. Perusing the sales flyers can really help you save money. However, don't buy it just because it's on sale. Buying something you don't need just because it's cheap is still a waste of money.
- Make a meal plan. Having a plan will save both time and money in the long run.
- Make a list and stick to it. Straying from the list can really make a serious dent in your wallet.
- Shop alone. Children (and spouses, too!) can pressure you to buy things you don't need.
- Never shop when you're hungry. A rumbling tummy is your wallet's worst enemy.
- Bulk is not always better. Only buy that gallon jug of ranch dressing if you're actually going to use it!

Learn to Love Leftovers

Most of us can't stand the idea of facing an exact replica of our holiday dinner the next day. However, with a little imagination and planning, those leftovers can be transformed into something new and tasty. Here are a few tips for making those leftovers luscious.

If you have leftover bread, you can make:

- **French toast.** Yeast breads and quick breads like banana and pumpkin make excellent French toast the next day. If you have any leftover fruit, use it to make a tasty topping.
- **Bread pudding.** Stale crusty bread and rolls can be cubed and used to make a delicious bread pudding. Top with caramel and enjoy!

If you have leftover vegetables, you can make:

- **Vegetable quiche.** Fill an empty pie shell with chopped veggies, shredded cheese, and diced ham. Beat together 3 eggs, 1 cup of evaporated skim milk, and salt and pepper to taste and pour over the top. Bake at 350 degrees until filling is set, about 30 minutes.
- **“Souped Up” soup.** Open a can of your favorite vegetable soup, add some additional chopped up leftover veggies and either beef broth or tomato juice to make a hearty soup, and serve with grilled cheese sandwiches.

If you have leftover meat, you can make:

- **Barbecue turkey wraps.** Slice leftover turkey, add a little bit of warm BBQ sauce and some canned chiles, and wrap in soft tortillas.
- **Stuffed pitas.** Stuff a pita pocket with leftover ham slices and swiss cheese. Add tossed greens, sliced tomatoes, and spicy mustard for an added kick.
- **Stir fry.** Sauté leftover veggies and turkey with a little soy sauce, orange juice, and ginger. Serve with quick-cooking rice.



REMEMBER...Convenience foods may save you time, but they tend to be more expensive and less nutritious than homemade foods.